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Calgary metro

Your essential daily news

WEEKEND, OCTOBER 28-30, 2016

High 5°C/Low 0°C Snow showers

FLAMES UP CLOSE
Kris Versteeg has been all over — but hopefully he's home to stay
metro SPORTS

Grade 1 teacher Elysa Morin uses sign language, textiles and dance parties to help her students learn and retain information.
ELIZABETH CAMERON/FOR METRO

HANDS-ON LEARNING

Sign language gives Calgary kids upper hand, metroNEWS

City eyed for supervised drug facility

HEALTH

Government looking to ease fentanyl tensions

Helen Pike
Metro | Calgary

Alberta's next tool in the fight against fentanyl is what the province is calling supervised consumption sites — and Calgary's on the list of cities being considered for such a compassionate-care facility.

On Thursday, Brandy Payne, Alberta's associate minister of health, announced plans to bring one of the sites to Edmonton and throw $500,000 in funding to other major city centres to "assess the need for safe opioid consumption sites."

Leslie Hill, executive director of HIV Community Link, said her organization thinks this funding will go a long way in Calgary.

"We know in the first six months of this year, more than 500,000 needles were given out in Calgary," Hill said. "We know that fentanyl is being detected in many other forms of drugs and types of consumption."

Although Coun. Brian Pincott is in favour of the province's move toward "supervised consumption sites," or anything similar to Vancouver's supervised injection site model, he's wishing the government would do more.

"What's missing in all of this is for the government and the health minister to declare we have a crisis on our hands," said Pincott. "We need to treat it as such, as opposed to an addictions issue."

WITH FILES FROM THE CANADIAN PRESS

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metro NEWS
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Tensions flaring in Venezuela as opposition, socialist supporters face off.

Eleven years and eight lives later, an emotional reunion

PETS

Phoenix the cat comes home to owner thanks to its tattoo

Elizabeth Cameron
For Metro | Calgary

Krista Sylvester was reunited with her cat Phoenix after the feline ran away 11 years earlier; Dr. Elaine Murphy of the Britannia Vet Clinic, above, said a tattoo helped bring Phoenix and Krista back together. ELIZABETH CAMERON/ FOR METRO

The cat came back, the very next decade.

That's Krista Sylvester's take on being reunited with her cat, Phoenix, after he ran away from her Calgary home 11 years ago.

On Wednesday, a couple who owns multiple cats brought Phoenix to the Brittania Veterinary Clinic to see if he could be identified. He'd been hanging out in their yard and scoring some free meals.

"He had a tattoo which luckily we could trace, which led us to his previous owner," said Dr. Elaine Murphy, owner and veterinarian at the Brittania Vet Clinic.

The clinic left a message saying they had a black and white cat who was registered to Sylvester.

Initially, she was in disbelief.

"I don't think it sunk in right away, I was really confused," Sylvester said.

She called the clinic back and said the cat probably wasn't hers, but they told her that their records showed he was licensed to her all the way back in 2003.

"Then I realized it must be Phoenix, who I haven't seen since 2005," Sylvester said.

"It's been a whirlwind."

Phoenix snuck out while Sylvester lived in Mayland Heights and never came back home. Some time after, she moved, and didn't think she would ever see her feline friend again.

"He's always been in my mind, but I never thought I would get that call."

After seeing a photo, it started to sink in that her long lost cat was back.

Her next step is to introduce him to her two other cats, who have been adopted since, and her two dogs.

After being reunited with Sylvester, Phoenix was all purrs.

"I'm so in love," Sylvester said, as she held him in the vet's office for the first time since 2005.

"He's still purring, so that's a good sign," Sylvester said, laughing.

"I hope he still sleeps on my neck like he used to."

Rail group solves funding issue

PUBLIC TRANSIT

Plan proposes province fund Green Line over 10 years

Helen Pike
Metro | Calgary

What are the economics of the Notley government funding Calgary's Green Line?

The city's own LRT booster has come up with an easy solution, one that's easy on the wallet and will see work on the long-awaited transportation leg underway sooner rather than later.

The province hasn't committed to the Green Line with cold hard cash, or even a principle acknowledgement that they will find funding for the city's largest infrastructure endeavour.

In the past, Mayor Naheed Nenshi has set deadlines, one coming to a close at the end of October, to have an answer.

The city is spending time and effort in the planning stages for the LRT line, and will need to know they have money coming down the pipe before the fine detail work can begin.

And recently, Nenshi has extended that deadline to the end of the year.

LRT on the Green president Jeff Binks explains the government could start with a $52 million contribution to the city in 2017, which is in line with the city's annual funding contribution.

Then, he said the province could increase the contribution each year as the minimum carbon price proposed by the federal government begins to surpass the provincial target of $30 per ton in 2020. By 2023, the province's annual contribution would peak at $273 million.

"This gives them a blueprint for moving forward that will lead to in-depth discussions with the city," said Binks.

"It would be nice if the province had a plan of their own they would be willing to come forward with. It's been a year and we still haven't had any details."

The Green Line has been funded by the City of Calgary and promised funding from the federal government. METRO FILE

Nenshi said he's confident and optimistic he'll have an answer in principle, "if not a cheque" by the New Year.

"It's difficult work to figure out the right thing," said Nenshi.

"It's not just about a match, the province needs to come to the table with more, as they traditionally have done."

Binks said with LRTOTG's proposal, the province could help Calgary fund the green lines over 10 years, and move the discussion from "will they or won't they" give funding, to details as to how the funding will be given.

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ABDUCTION CHARGES

Six missing kids found east of Toronto

Police say a man accused of abducting his partner's six children and driving them to Ontario probably thought he was doing the right thing.

The mother of the children, who are between 18 months and 11 years old, called police on Monday to report that the kids and her common-law spouse had disappeared from their Calgary home.

Police say she had given the 49-year-old man permission to look after the children while she was out of town, but not to leave the area.

Sgt. Darren Smith said there were indications early on that the accused was heading to Ontario, where he has family. He was in email contact with a partner agency, which Smith declined to identify.

"The general tone was the children were in no immediate threat and that he believed he was doing what was right for the kids," Smith said Thursday.

All evidence pointed to the children being safe, so an Amber Alert would not have been appropriate, he said.

Officers determined it was best not to put out a public statement when the children disappeared because the attention may have prompted the accused to take the kids somewhere else, he said.

"Occasionally that can be detrimental to the investigation and will actually cause us not to be able to find the children as quickly."

The man, who faces six child abduction charges, is not their legal guardian and police are investigating his exact relationship to them. However, the man had long been part of the children's lives, Smith said.

Police are not releasing his name to protect the identities of the children.

Sgt. Bill Calder said the kids seemed to be in good health and were placed in the care of the Children's Aid Society.

THE CANADIAN PRESS

Coun. Diane Colley-Urquart, who also sits on the Calgary Police Commission, has suggested CPS move their HR to reside with the city. METRO FILE

Ex-officer calls denial 'concerning'

POLICE

Harassment, bullying real issues: Retired detective

Lucie Edwardson
Metro | Calgary

Marlene Hope was a Calgary police officer for nearly two decades, and she said people denying the culture of bullying and harassment is "concerning."

Calgary media reports out Wednesday profiled female members of the Calgary Police Service who defended the organization, specifically the men, saying they had never seen or experienced intimidation or bullying within the force.

"I got direct comments from some of the victims of bullying, harassment and sexual assault who felt that those comments marginalized them and made them feel victimized again," said Hope, a retired detective.

She said it's troubling to her that people are making these comments, especially since the allegations are backed up in both a 2009 report and 2013 audit of CPS workplace culture.

"Although I can understand what point they're trying to drive home, it's an inaccurate picture," she said. "Just because they haven't experienced it doesn't mean it doesn't exist."

Further, Hope said she was one of the women who reached out to city councillor and Calgary police commissioner Diane Colley-Urquhart about the culture issues in the force — something Colley-Urquhart also spoke with media about earlier this week.

Hope said the media coverage surprised her because she and the other women felt left in the lurch by Colley-Urquhart last April when she stopped communicating with them out of the blue.

"We felt the article was a fair reflection of what had happened," she said "But we're not really interested in going over this with her again."

Metro called Colley-Urquhart, left a voicemail, spoke with her assistant, wrote an email and filled out a request for information, but didn't hear back from the councillor by print time.

Meanwhile Calgary police Chief Roger Chaffin posted via the CPS Facebook page, commenting on recent media coverage and so-called "punditry" on the issue.

"Those in the political realm and those that may have once played a role in this organization need to be clear about their intentions and their facts. Sharing information that is inaccurate is irresponsible. It does nothing to foster the public's trust in our service and our officer's trust in the workplace," the post read.

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5 WAYS TO ANTI-AGE GRACEFULLY!

ROBERTA SEGAR
Certified Laser Specialist

Say what you will, but none of us like what happens to our skin as we age. Some of us lose tone and as gravity takes its toll we start to sag and develop jowls. Others are more prone to develop wrinkles, fine lines and other textural irregularities. As we spend time in the sun, spots appear and the skin may start to look red and blotchy. We also lose fat volume in our faces as we get older. This can cause circles under the eyes to develop making us look tired. Cheeks start to appear sunken and groves develop beside the mouth. Lips thin and lip lines appear. We develop crow's feet beside the eyes and frown lines become permanently etched in our foreheads.

We all age in appearance in different ways. I fondly refer to us as Wrinklers, Sinkers, Saggers and the Sun Damaged! All of us are all of the above to various degrees. Come one, come all! Treatments exist to address all of these concerns.

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2) Laser Resurfacing for Wrinklers

If your skin is etched with fine lines, lip lines and other textural irregularities, the treatment for you is laser resurfacing with a C02 or Erbium Yag Laser. Skinpossible has both and which one we use will depend on the colour of your skin. To understand how it works think of your skin as a potato. The laser can be used to create microscopic perforations in the skin of the potato. When applied to your skin this creates a healing response in the surrounding skin to create new collagen while causing a deep exfoliation. Alternatively we can actually peel the potato. This is a more aggressive treatment for deeper lines such as those around the mouth.

3) Relax the deeper lines

Frown lines, crow's feet and other deep lines caused by animation of the face can be erased by relaxing the muscles that cause them with neuromodulars. Tiny injections of this class of medication can be used for a multitude of cosmetic purposes. Neuromodulators that are currently in use are Botox™, Dysport™ and Xeomin™. Skinpossible uses Botox.

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Parents defend schooling company

HOME EDUCATION

Minister shuts down two associations

Lucie Edwardson
Metro | Calgary

Parents who have used the northern Alberta home-education company Wisdom Homeschooling Society are coming to their defence using social media and a petition.

Education Minister David Eggen shut down Trinity Christian School Association, in northern Alberta, and Wisdom Homeschooling Tuesday due to alleged "financial impropriety."

They catered to 3,500 homeschooled students across the province and 13 students in a classroom setting.

Allegations against Trinity/Wisdom from Alberta's education ministry include that Wisdom created a false fee deadline that's in conflict with the School Act. The deadline required parents to fill out a form before the deadline to get reimbursed.

As a result, Alberta Education said nearly $1 million was not returned to parents.

Despite these allegations many supporters are calling the move by the NDP unfair and anti-Christian.

Metro reported Wednesday about the petition launched to have the accreditation reinstated and the #WeStandWithWisdom being used by supporters.

Brian Holdsworth took to Facebook to post an email he sent to Minister of Education David Eggen following the decision, Tuesday. Holdsworth argued the ministry wouldn't have taken "such heavy-handed action" had Trinity/Wisdom been a "conventional school board."

"If a superintendent was caught making accounting errors (or at worst corrupt kickbacks), you wouldn't close down the school board in the middle of a semester," he wrote. "You'd pressure the superintendent to resign and get the organization running properly."

Holdsworth said there should be "some kind of due process," and the allegations should be investigated and the accused should have an opportunity to make a legal defence.

Another parent, Shayne Neal, wrote a blog post about the ordeal titled: How can someone care so little about our youth?

In the post he lays out a number of his concerns, and stated that although Alberta Education has encouraged parents to register their kids with another accredited school board, he will not.

"As I am concerned I can just send my paperwork into Education Minister David Eggen since he closed down the school that was allowed to accept it for the past 21 years," he wrote.

On Wednesday Eggen again reiterated that parents should take this step so that they are able to get the funding meant for their child.

Trinity/Wisdom released a statement Thursday saying they will be retaining legal counsel to fight the claims made by Alberta Education.

The message also said the association will continue to advise parents of further developments and deny the accusation of misappropriating funds from Alberta Education.

"WISDOM's holding of funds on behalf of Trinity is neither illegal nor deceptive, a fact that is expected to be substantiated by the Courts in the days ahead."

BY THE NUMBERS

3,500
Trinity Christian School Association catered to 3,500 students.

13
They served 13 students in a classroom setting.

$1M
Alberta Education said nearly $1M was not returned to parents.

VACCINATION NENSHI ENCOURAGES FLU SHOT Mayor Naheed Nenshi shows off his puppy Band-Aid after getting his flu vaccination this year. "Alberta Health Service's goal this year is 30 per cent of Albertans getting their shot, and I'd like to see even more than that," said Nenshi. "I encourage everyone to do it." Flu clinics opened up earlier this week and AHS is hoping that Albertans will come out to get their flu shot. PHOTO HELEN PIKE/METRO

SPRINGBANK

Grizzly, cubs spotted in park

A mother grizzly bear and her cubs have been spotted in the Springbank area.

Alberta Environment and Parks is advising residents in the area to secure their garbage, pet food, and any livestock feed in containers that won't encourage the bears to hang around.

Right now, bears are preparing to hibernate as winter approaches. Residents who may encounter them are advised to maintain eye contact with the bear and back away slowly. It is also recommended by wildlife officers to carry bear spray when outside.

The Rocky View School District notified parents of the bear sighting on Thursday, to ensure parents and children are alert when being picked up or dropped off by a school bus.

ELIZABETH CAMERON/FOR METRO

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Fall sitting to focus on climate

LEGISLATION

Province to cap oilsands greenhouse gas emissions

Alberta's climate change plan will be front and centre next week when politicians return to the legislature for the fall sitting.

Government house leader Brian Mason said Thursday there will be legislation and new details on a variety of previously announced environmental initiatives.

"This fall we will continue passing legislation to bring our groundbreaking climate leadership plan to life," Mason told reporters at the legislature.

"It's a plan which diversifies our economy and creates new jobs while protecting our energy industry.

"It's founded on the conviction that this province can be an environmental leader among the world's energy producers."

Premier Rachel Notley's government is to introduce legislation to cap annual oilsands greenhouse gas emissions at 100 megatons.

There will be more details on the government's pledge to end coal-fired electricity generation and introduce more renewable energy sources.

"We've set a target of ensuring 30 per cent of the province's electricity comes from renewable sources like wind, hydro and solar by the year 2030," said Mason. "In this session, we will introduce legislation to shape the required framework to make that happen."

Mason said the province will continue to fight for a pipeline to get Alberta's oil a better price on global markets.

Parts of the climate change plan have already passed and will soon be put into practice. On Jan. 1, a broad-based carbon tax kicks in, raising prices of gas at the pumps and home heating bills.

Low- and middle-income Albertans will get some or all of that money back through rebates.

On the economic front, Mason said there will be an update on Alberta's plan to create jobs.

There will also be two new tax credits to help spur and diversify the economy.

One credit will offer a 30 per cent credit to investors who put up venture capital for small businesses researching and developing in a variety of fields including digital animation, tourism, video post production and interactive digital media.

The other credit will return 10 per cent of a corporation's costs associated with buying capital assets, including machinery and buildings.

There will be changes to clarify and expand the ability of credit unions to loan to small and medium-sized businesses.

Mason said there will be more announcements on the province's plan to broaden and improve education programs and opportunities.

The sitting begins Monday. Mason said there will be about 15 bills introduced, with the sitting ending around Dec. 8.

The sitting comes against the backdrop of a province still in the economic doldrums due to the long-term slump in oil prices.

The slump has tossed tens of thousands of Albertans out of work and has ballooned the provincial budget deficit.

THE CANADIAN PRESS

Government house leader Brian Mason said there will be roughly 15 bills brought forward this legislative session. THE CANADIAN PRESS

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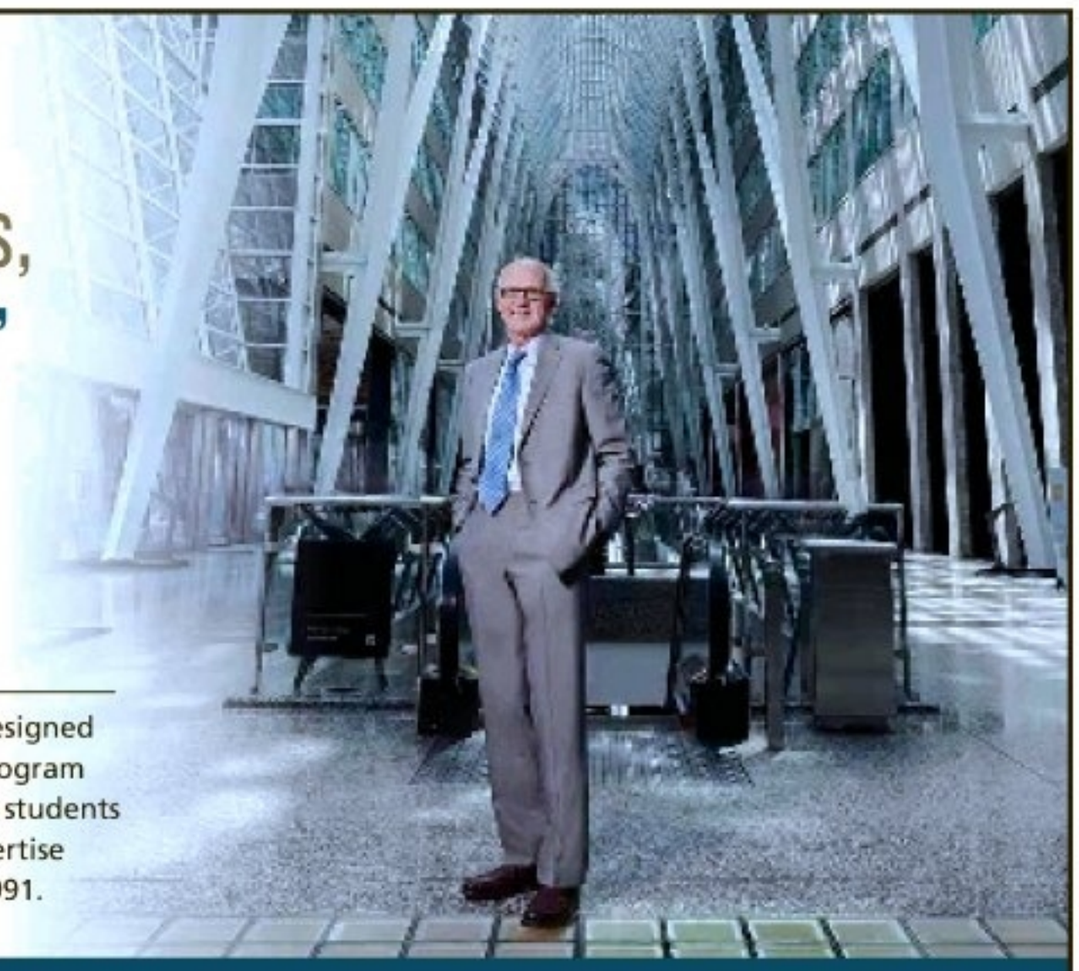

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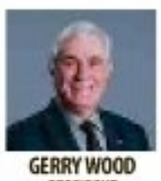

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Ask Her founder runs for council

ELECTION

Razavi aims to foster more harmony if victorious

Brodie Thomas
Metro | Calgary

Last Tuesday, with her mother by her side, Eshmahan Razavi went to Calgary City Hall to put her name on the election registry.

In the spring, Razavi helped found the Ask Her foundation with the aim of getting more women to run in the 2017 municipal election.

What she found as she met with potential candidates was that the question was being thrown right back at her.

"Initially I kept saying no, and people would ask me why. My concern was that it's not the right time for me, but then I realized that's more of an excuse than anything else.

"If I want to spearhead this kind of change, I have to put my money where my mouth is."

Razavi, a professional mediator by day, has set her sights on Ward 2.

"I've done a lot of volunteer work in that area," she said. "I'm familiar with it in that sense and I'm attuned to the issues of the area."

The issues she'd like to focus on most as a councillor include cost of living, mobility and transportation and the development of new communities.

She said her day job as a mediator would be a huge asset in the council chambers.

"I'm used to engaging with stakeholders who have different opinions and learning how to listen and how to bring them together," she said.

Because she's going to be a candidate, Razavi has had to step away from the board of Ask Her.

New interim president Lindsay Amantea said she was not surprised to see Razavi step up and run.

> **If I want to spearhead this kind of change, I have to put my money where my mouth is.**
> Eshmahan Razavi

"I was one of the people encouraging her," she said. "It shows the power of what happens if enough people ask — which was the entire point."

Razavi is quietly working on assembling a team and preparing her campaign strategy.

"Part of the reason I'm running is I'd like to encourage and foster a different kind of tone in council. I'd like for it to be more collaborative. The feedback I've been getting is that it's adversarial, and I think that turns people off. So I think that encouraging that collaborative dialogue will lead to better solution-building but also engage the city more."

Eshmahan Razavi founded Ask Her to encourage more women to run in municipal politics. Now she's throwing her hat into the ring for Ward 2. JENNIFER FRIESEN/FOR METRO

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TECHNOLOGY

Expert insists we have little to fear from AI — if we prepare

Aaron Chatha
Metro | Calgary

Skynet is unlikely to end up wiping out humanity. FILE

Chances are the out-of-control artificial intelligence that wipes out all of humanity won't look like Arnold Schwarzenegger in metal prosthetics.

In fact, an advanced AI, whether it's in the form of a war machine or coffee maker, probably won't develop a need to wipe out mankind at all.

According to Cybera CEO Robin Winsor, who will be discussing the topic of AI at the Alberta Cyber Summit, advanced AI will much more likely to treat us like a housefly. Sure, they may swat us if we're in the way, but most of the time, humanity will go entirely ignored.

That ignorance might still spell doom for the human race though — Winsor is arguing that even though we're decades away from achieving true AI, limits and best practices need to be discussed and put in place now, to save us from a potentially disastrous future. He said that AI is coming, whether we want it or not.

"Now, nobody has ever put technology back in the bottle. Can you think of anything that we've ever discovered and gone, 'oh, that's a really dangerous idea'," he laughed. "That doesn't happen."

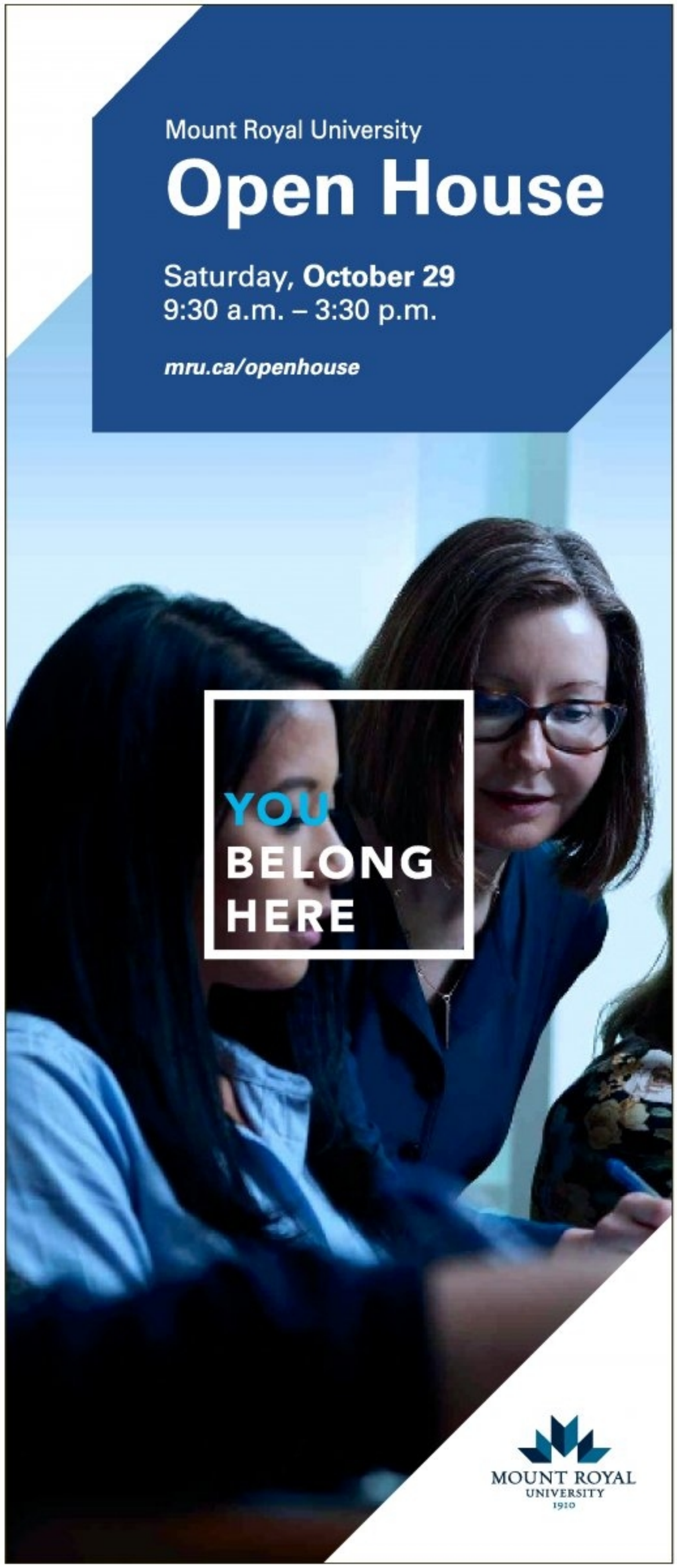
The danger isn't even an advanced AI being developed in some super secret laboratory — it's more likely going to come from someone's basement, who hasn't thought about the proper precautions.

Alberta is already in the cutting edge of the technology. Remember IBM's Watson, the Jeopardy AI that (figuratively) annihilated its human opponents? Well, IBM took that technology and made a successful business applying it to the medical field — and a lot of the base work for that project was done in Alberta.

The proverbial Pandora's Box of AI could be created by a local business. Winsor pulled a page from Nick Bostrom's book for his argument — what if an AI was created at a paper clip factory, to create paper clips more efficiently?

It learns to rebuild itself and continually get stronger, and look for more resources to build paper clips — so it figures out how to engineer all the world's carbon into paper clip production. Including humans.

Winsor debates the topic Friday in the Rise of AI: Is Humanity Doomed? at Cyber Summit.



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DEFAMATION

'Scud Stud' seeks court costs from Postmedia

Former journalist Arthur Kent asked an Alberta judge Thursday to award him $1.2 million for his legal costs in a successful defamation lawsuit against Canada's largest newspaper chain.

Kent, who got the nickname "Scud Stud" while reporting for NBC during the Persian Gulf war, won the lawsuit earlier this year against Postmedia and one of its columnists.

The judge awarded him $200,000 in damages for an unflattering article written by Don Martin in 2008. Kent received an additional $61,000 in interest.

Martin portrayed Kent, who was running for political office, as an out-of-control egomaniac who was a "dud" on the election trail.

"They're here, strenuously opposing me gaining compensation. They're telling the court, 'Don't award Mr. Kent a dime of his costs for overcoming eight years of our defences,'" Kent told Justice Jo'Anne Strekaf.

"Here you have one of Canada's largest media organizations saying if you sue us, Mr. and Mrs. John Smith Canadian, you may get a judgment in a superior court in this country but we'll make sure you pay for it handsomely," he added.

In her June written ruling, Strekaf noted that Kent deserved more than nominal damages.

She said while the article did not accuse Kent of any illegal or immoral acts, it characterized him as an egotistical, politically naive, arrogant candidate whose campaign was in disarray.

"He suffered substantial distress and damage as a result of the defamatory factual statements in the article," she wrote.

Postmedia lawyer Brent Mescall said the costs being sought by Kent are unreasonable and that the judge found there was no malice on the part of Postmedia.

Mescall said the length of the court proceedings was partially a result of Kent's conduct during the legal process.

THE CANADIAN PRESS

Bryce Dallas Howard stars in the first Netflix episode of Black Mirror, which took aim at the world of social media. SCREENSHOT

Peeple app dystopia seen on TV

SCIENCE FICTION

New episode of Black Mirror close to reality for Calgarians

Brodie Thomas
Metro | Calgary

Fans of the show Black Mirror have spotted some eerie similarities to a notorious Calgary creation in one episode.

The first episode of Season 3, titled Nosedive, features a world where every interaction with people is rated out of five stars — and your social ranking determines where you stand in society.

Fans noted the similarity to the Peeple app co-created by Calgary entrepreneur Julia Cordray.

"Right away when I saw it, I was like, 'Hey, isn't that kind of like something that was supposed to come out?'" said fan and aspiring film director Troy Everett Loxton.

He said the episode sent him to his computer to see what had happened with the app — which is still active and available for most smartphones.

Shawn Thompson works at digital marketing agency Critical Mass, and he also saw the parallels right away.

"I think it showed that the Peeple idea, although with best intentions, was fraught with peril and risk obviously, in terms of potentially creating a monster," he said. "You don't want to put so much into your social status that it starts to replace common courtesy and etiquette and all of the social norms we use to get along."

Calls to Peeple were not returned but the company noted the similarities in a Facebook post earlier this month.

"We are inspiring a TV series now on Netflix?! That's nuts."

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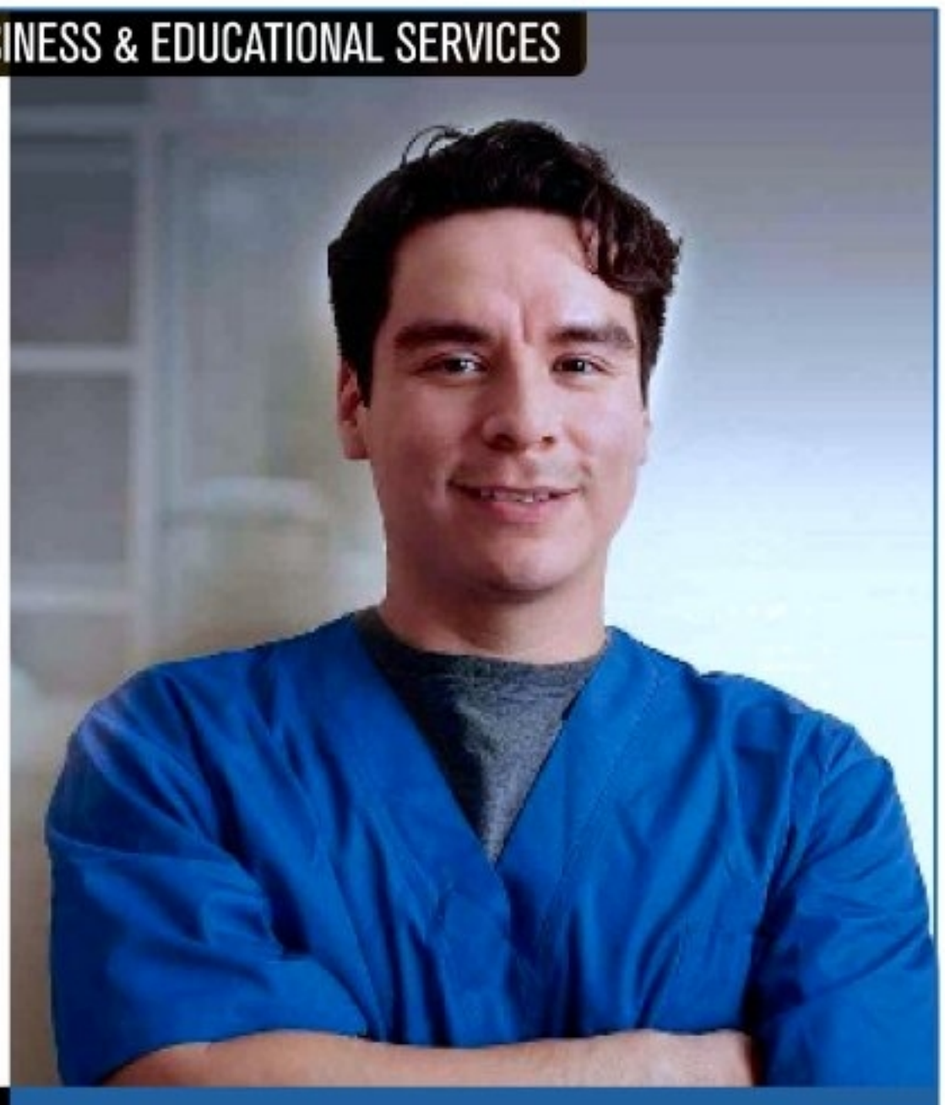

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Grade 1 teacher Elysa Morin uses sign language, textiles (like gel bags and salt plates), and dance parties to help her students learn and retain information. ELIZABETH CAMERON / FOR METRO

Grade 1 students learn sign language

EDUCATION

Teacher says new approach helps kids with literacy skills

Lucie Edwardson
Metro | Calgary

Grade 1 teacher Elysa Morin's class at Prince of Wales School is learning their letters — in two languages.

Morin, who has been teaching Grade 1 for six years now, said she thinks children learn best when they're moving their bodies. She thought sign language would help her kids learn their letters, the sounds they make and would make it fun along the way.

"I love to make learning really kinesthetic and tactile and movement based," she said.

And, it appears to be working. Morin's class is eager to learn their sign language letters, eager to spell their names and eager to sing the "vowel bat" song.

"It's fun," said Grade 1 student Finn. "I like it because it helps me learn my letters and their sounds."

> **I want them to know there are many ways to communicate.**
> Elysa Morin

Morin said both of her parents are music teachers, which has helped her develop many of her teaching methods.

"When your body is moving you remember things a lot better, and sign language helps us reinforce letter sounds and names that way," she said.

Morin said the kids in her class are really embracing the use of sign language in their classroom. They use sign language to tell Morin when they need to go to the bathroom, get water and to practice spelling their names.

"I want them to know there are many ways to communicate," she said. "Grade 1s are naturally the most enthusiastic, delightful people in the world and they're just loving it and they eat it up whenever they get to move and bring a little playfulness into their learning; their so receptive."

And, parents are noticing, too.

"Their parents tell me they take it home and they teach them too, which I love to hear," said Morin.

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Chance trip to Calgary saves a life

HEALTH

Red Deer local in right place when she had heart attack

Elizabeth Cameron
For Metro | Calgary

When Joanne Goller visited Calgary from Red Deer for a work-related conference, she didn't realize it would save her life.

Earlier this month, Goller was in a meeting at the BMO Centre when she had a heart attack. She was rushed to Foothills Hospital and underwent cardiac catheterization, a treatment unavailable at the Red Deer Regional Hospital Centre.

She was discharged from Foothills the next morning and sent back to Red Deer via ambulance to receive the rest of her care.

> Obviously it wasn't my time, someone's watching over me.
> Joanne Goller

"When I got back to Red Deer, the doctors and nurses were asking me if I knew how lucky I was," Goller said.

Cardiac catheterization involves inserting a stent into the arm and guiding it to the heart. The stent is able to clear blockages in the heart with a tiny balloon attached to its tip.

Alberta Health Services is expected to look at putting a cardiac catheterization lab in Red Deer during a review of provincial cardiac care demands. But, they said the review won't be complete for at least two years.

Patients who receive cardiac catheterization within three hours of a heart attack have a much greater chance of survival.

"So if someone has a heart attack in Red Deer, by the time they get to Calgary, it might be too late," Goller said.

How does that make her feel?

"Grateful. Obviously it wasn't my time, someone's watching over me."

Today, she's doing well and taking time off work to recover.

"It's necessary to get this equipment into the smaller cities, I don't know how much money it costs to transport these people from Red Deer to Calgary, but it happens daily, and the amount of money is going to keep ambulances shuttling patients between Edmonton and Calgary to and from Red Deer must be enormous.

"The care in Red Deer was wonderful, they just don't have the equipment to do what they need to do."

BUSINESS

Label fight bee-gins

Josie Lukey
For Metro | Calgary

Alberta beekeepers aren't feeling sweet towards major honey manufacturers for what they say are misleading labels on jars.

According to Kevin Nixon of Nixon Honey, labels that say Canada No. 1 White aren't necessarily Canadian. Instead, they could be a blend of honey imported from foreign countries like China and Argentina that are labelled in smaller fonts on the back.

"Canada No. 1 White is simply a grade, but lots of consumers when they see that, they assume 'Canada No. 1 White' means product of Canada. But it doesn't necessarily," said Nixon.

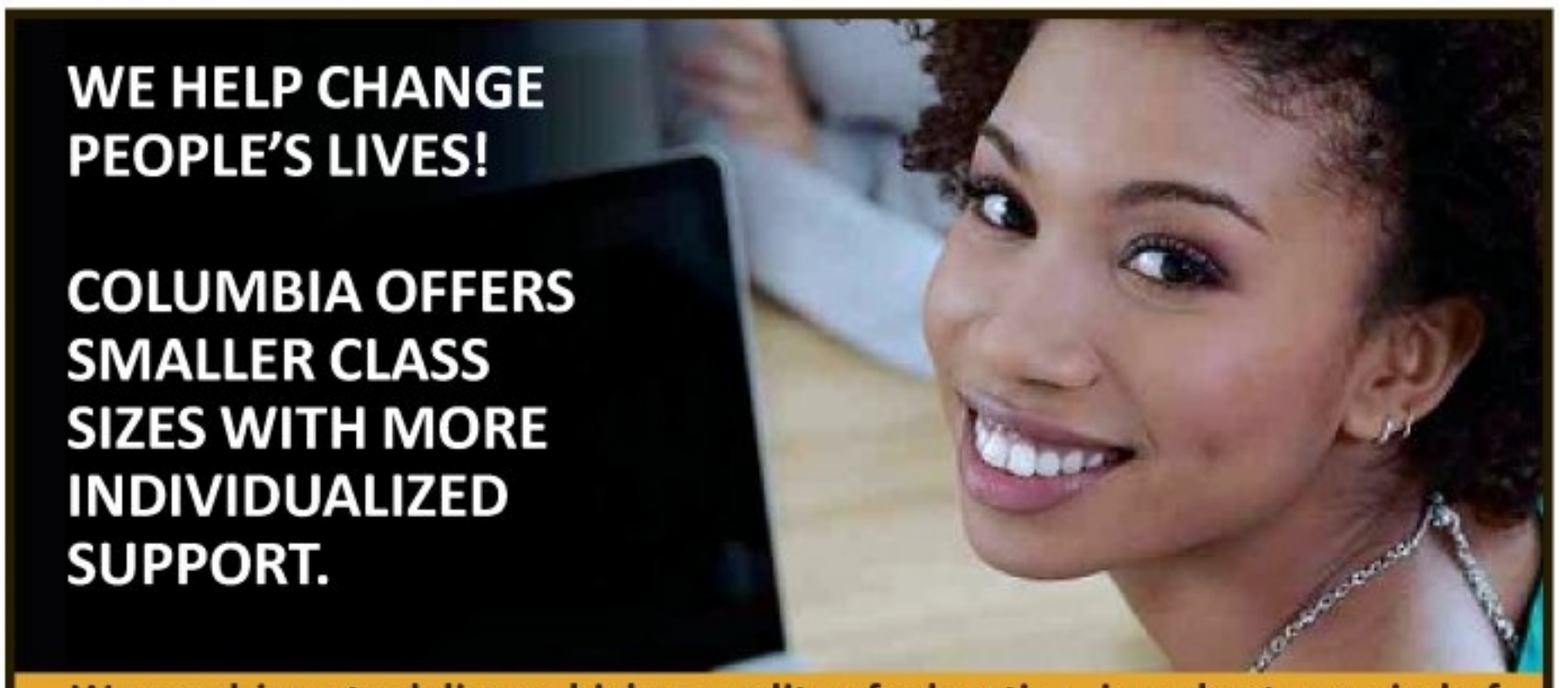
The frustration has even prompted a petition aimed at Major manufactures like Billy Bee owned by parent company McCormick Canada, by Allan Campbell of the Canadian Honey Council to bring awareness to the labelling problem.

"(Major honey manufacturers) choose to import cheaper honey from countries like China and Argentina and blend them with just enough Canadian honey so that they can still say Canadian on the bottle," the petition reads.

So far, the petition has more than 75,000 signatures. Nonetheless, Nixon and Campbell say they will keep advocating for change while encouraging Canadians to educate themselves on the food they eat.

"I think we should all care about the food we eat, and the people who make our food," says Campbell.

Imported honey causes the price of honey to drop significantly, prompting local beekeepers to make major cuts.
JOSIE LUKEY/METRO



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Calgary's spirited local history

GRAVEYARDS

Union Cemetery tour lets us meet our city's oldest residents

Helen Pike
Metro | Calgary

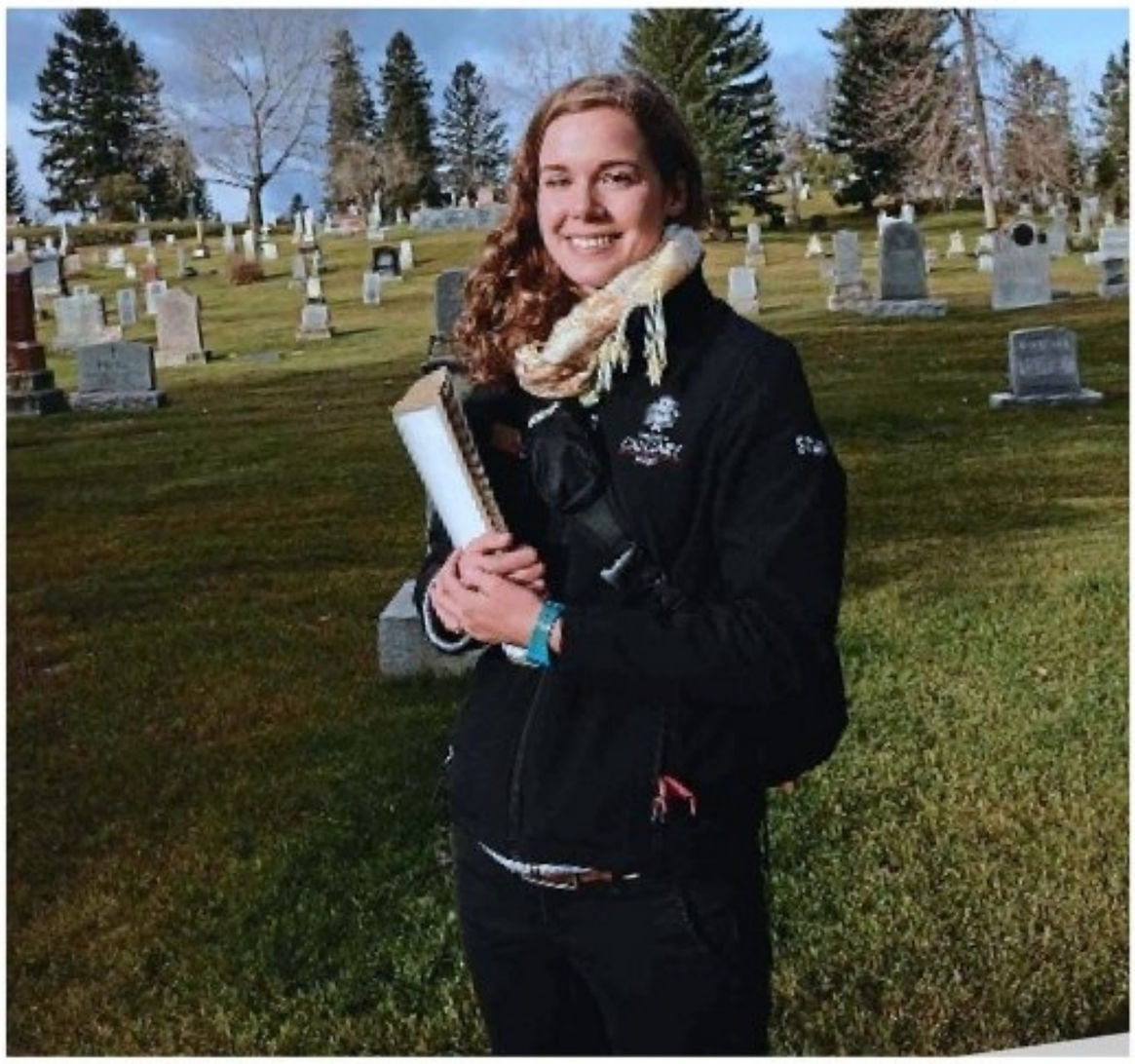
We often forget that Halloween isn't just a time for kids dressed as ghouls and ghosts to collect treats at dusk.

It's also a time to remember and commemorate the dead.

In Calgary, one of the best places to do that is at one of the city's many graveyards where families can practice a more traditional form of All Hallows' Eve — visiting the spirits of our city's past.

Despite the city's regular cemetery tours, held every Sunday at Union Cemetery, and other times throughout the summer and fall months at Burnsland and St. Mary's Cemetery, throughout the Halloween season, fall is one of the lowest attendance times for tours.

So far this year, there have been 363 in attendance, and a high volume of interest comes from tourists and Calgarians visiting the grounds during summer months.



Educator Leah Elford was Metro Calgary's guide through Union Cemetery, where the city has hosted free tours for more than a decade. JENNIFER FRIESEN/ FOR METRO

> We're not actually sure they moved everybody. There might still be people buried at the Shaganappi Golf Course. Leah Elford

"Funny enough, our highest stats are in the summer time," said Trina Vickery, City of Calgary spokeswoman.

"People want to see the history of the city and where we've grown from."

To give our readers a taste of what the city's tours are like, we followed City of Calgary educator Leah Elford through the grounds of Union Cemetery — one of the city's biggest and oldest cemeteries.

"Some of the people buried here died as many as 130 years ago," Elford said. "Some of the gravestones are very, very old, and some have fallen over."

This graveyard dates back to 1890 after the city's original burial ground at Shaganappi Point (1884) was found to be too rock-laden for caskets. Although that cemetery was only open for six years, it took 20-years to migrate the bodies from one site to the other.

"We're not actually sure they moved everybody," Elford said. "There might still be people buried at the Shaganappi Golf Course."

Since then, the grounds have seen a variety of guests, including owls and hares, and even bootleggers who used the grounds for discreet booze dropoffs — some gravestones still have the secret compartments to show for it.

More than 20,000 people are buried on the grounds. Now, although funerals do happen at the Union Cemetery on occasion, all the plots are spoken for.

Those buried there share the hilled park-like grounds with some of Calgary's most recognizable names, but others laid to rest in Union Cemetery also have stories to tell.

A fire chief, a dentist, and the Yorkshire Giant

No, it's not the beginning of a joke. Calgary's graveyards are centuries old, and full of colourful characters you may have heard of. Here's a few of our favorites.

Henry Alexander Cooper
Also known as the Yorkshire Giant wasn't a resident Calgarian, but found himself in the Union Cemetery after he passed away suddenly. It's said the man, who started his career as an ironworker in England was eight feet six inches tall.

He'd been recruited by a circus and was about to perform in Calgary as the tallest man on Earth when he fell ill and died. The show went on.

James Cappy Smart
This Scottish man started his career as a fire captain, and later was a fire chief with the city. He was a Stampede parade grand marshal for 30 years, loved to box and had his own zoo with several animals. He loved to box with his own bears — until a girl died at the hands of one of his dangerous pets and he had to put them down.

Thomas Quirk
As a dentist, Quirk was known for "pain-free dentistry," which, in the 1900s, was a rarity.
He died in 1912 after crashing his car into a street-cleaning cart one cold November night. His wife built him a mausoleum from Italian marble.

In the 1970s some "hooligans" broke in, vandalized the mausoleum and stole his skull.

Police found it a short while after, and were able to confirm it was Quirk's from his dental records and return to the cemetery.

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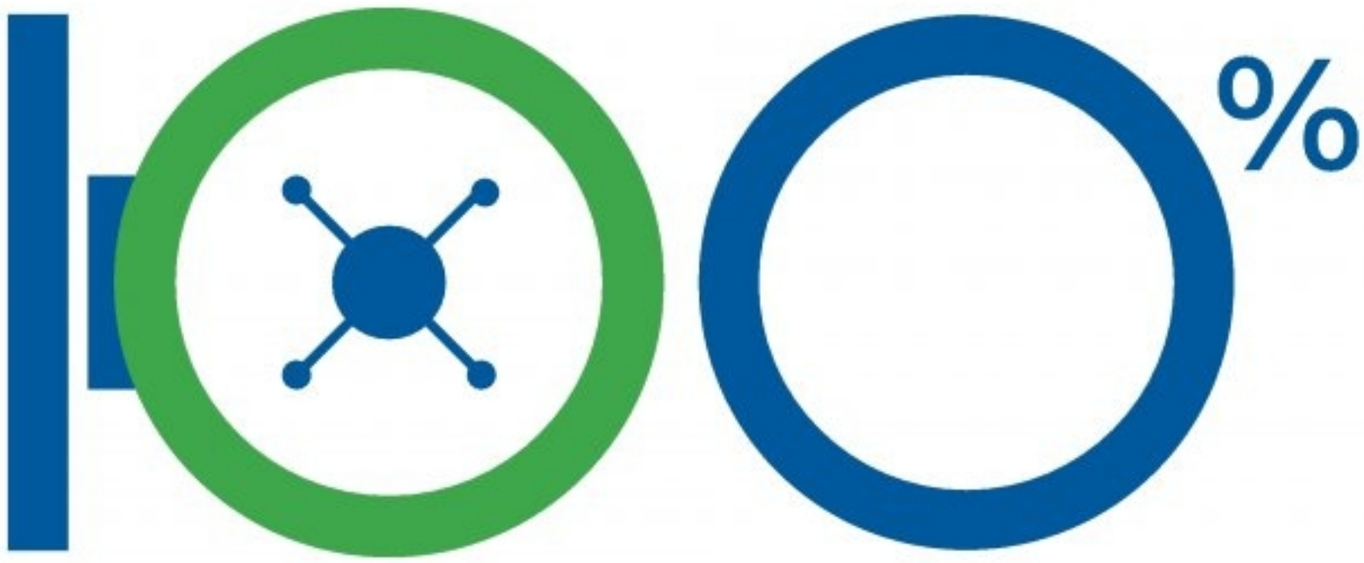

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Comedian Margaret Cho performs in Calgary on Nov. 19 at Arts Commons. COURTESY KEN PHILLIPS

Comedian offers fashion advice

SCENE YYC

New standup show focuses on some more serious issues

Aaron Chatha
Metro | Calgary

Margaret Cho is up to a ton of stuff.

This year she's released an album, co-hosted Fashion Police, done critiques on LGBTQ and race issues, campaigned for Hillary Clinton and created a new standup show, which she'll be bringing to Calgary on Nov. 19.

But before we get to all that, she wants to talk about sewing.

And Calgary fashion.

See, Cho learned how to sew from her mom, who used to make her outfits as a little girl. She then started making her own clothes — and even had her own clothing line for a hot minute — so fashion has always been a passion.

She'd love to have her own lingerie line.

"To showcase the body and show off women's curves," she said. "Make lingerie accessible and beautiful for women of all sizes."

Calgary, she feels, is ahead of the curve when it comes to fashion. At least it was the last time she passed through town, which was six years ago.

"I was shopping in some beautiful boutiques, and I bought a genius military coat by Gary Graham," she recalled. "This is before military became a big thing — now it's a big thing — so Calgary was six years ahead."

Being an expert of fashion, Metro asked her for tips to stay warm and wonderful this winter.

Naturally she recommended layering. It looks good, and helps for temperature changes through the day, and also camel coats for women are really great right now.

She recommends spending on a good coat, but there's no need to splurge on accessories.

"Accessories you can always find at a lower price point, but you can't go wrong with a beautiful scarf, cashmere or even cotton, to keep the wind off your neck," she said.

It's a great time for her to be in Canada as well. Cho feels Asian representation in media is going strong now with shows like Fresh Off The Boat, Dr. Ken and Master of None. Now she's excited to see the Canadian Kim's Convenience.

For her standup, Cho promises brand new material, focused on election, sexual abuse (especially around Jian Ghomeshi) and a bit of honesty about getting older.

SEE HER LIVE

Margaret Cho performs only for one night in Calgary. For more information, visit www.artscommons.ca

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WEEKEND EVENTS — HALLOWEEN EDITION

Friday – Organ SpookTacular
The Great Halloween Organ SpookTacular is a free concert with a pipe organ, taking place at the Knox United Church. The eerie music fits the old style of the architecture — and guests can purchase tickets for a nighttime showing of Metropolis. The famed silent movie will be presented with a live, improvised organ score.
For more information, visit rccocalgary.org.

Saturday – Terror Challenge
Local filmmakers took part in a challenge to write, film and squeeze out a short horror movie within 48 hours. Those films will finally be shown, and audience members will get a chance to vote for their favourite. Naturally, the showcase will be 18+ - no minors allowed.
For more information, visit terrorchallenge.ca.

Saturday – ScreamFest
This is the last weekend to visit ScreamFest at Stampede Park. Multiple haunted houses include Clown Town, Bates Motel and What Lurks in the Dark. There's a Neighbours from Hell simulator ride, and carnival games like Wheel of Misfortune. And also, Jurassic Truck monster trucks.
For more information, visit screamfest.ca

Sunday – Paranormal Halloween
The Rose and Crown pub has a special treat for revellers. It used to be a funeral home, and at the Halloween party, members of Ghost Hunt Alberta will help partygoers investigate a haunted area of the pub, and get a psychic reading.
The party starts at 7 p.m., at the Rose and Crown Pub.

AARON CHATHA/METRO

Karl Wolf, after spending a few years writing for other artists, is back with a new project. COURTESY JENNIFER ALLYSON

Exploring his roots

SCENE YYC

Toronto artist hits Calgary for Nov. 6 show

Aaron Chatha
Metro | Calgary

Hot off the heels of a new single, Lebanese-born Canadian musician Karl Wolf comes to Calgary on Nov. 6 at the Mazaya Lounge.

You've been recognized for incorporating Arabic into your lyrics — how does it feel representing successful diversity in the music industry?

It's something that was inspired by one of my good friends Nelly Furtado.

I remember she would use Portuguese language in her songs, and that kind of inspired me. I thought, if she could do that, I could go with my Middle Eastern twist here or there.

So she gave me the courage I would say.

And actually, some credit goes to the ex-president of EMI Canada, Deane Cameron. When Africa broke and it was number one in 20 different countries around the world, we were thinking what's next, and I had a song called Yella Habibi.

I was like, 'I don't know, I don't think Canadians are going to like that, it's Arabic.'

He says, 'Karl, that's who you are, that's where you're from, your parents are from that culture. If it's genuine, then people will feel it.'

Well, even though my background was Indian, it was really cool hearing any other language in a hit song.

Kind of like medieval witch music. Haha. I play an electric harp and I usually perform with a rotating cast of characters, so it sort of ends up being more like chamber music. I made a specific choice — I played in a lot of more traditional bands and I wanted to do something closer to the music I played growing up. I played the harp since I was 10 years old.

What projects are you currently working on?

I took a break for a couple of years, I was writing songs for other artists. I did the Hula Hoop record for OMI. It was a huge hit for me as a writer, so that's really opened up my writing and production contacts. I signed a deal with BMG LA, so I'm signed with a U.S. label. Now, I'm coming back to Karl Wolf, which is really cool. I'm back in my solo career, and the first single on the record is called Amateur at Love, featuring Kardinall Offishall. We're doing really well, and I'm happy about that.

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CRIME 'TRAGIC BEYOND BELIEF' Terry Miller, centre, holds pictures of her children Catie Miller and Christopher Miller as her husband Dr. John Miller, left, speaks to the media outside the Halifax courtroom where his daughter's murderers were sentenced to life in prison. Catie Miller, 29, was confined in the trunk of a car for hours before her brutal murder and dismemberment in a crime described by Justice Patrick Duncan as "cold and heinous." "This is tragic beyond belief," Miller said.
JEFF HARPER/METRO

Sponsored refugees fare better: Review

IMMIGRATION

65 per cent of government-assisted refugees use food banks

Refugees sponsored by community groups do better than government-assisted ones with fewer relying on food banks and social assistance, an evaluation of Canada's much heralded resettlement program shows.

Some 65 per cent of government-assisted refugees reported using food banks, compared to only 29 per cent of their privately sponsored counterparts, according to the Immigration, Refugees and Citizenship Canada report released this week.

Five years after their arrival, 41 per cent of government-assisted refugees relied on social assistance, compared to just 28 per cent among those sponsored by private groups. While six out of 10 of the former were employed within five years, the rate went up to 7 out of 10 for their privately sponsored peers.

The relative success of privately sponsored refugees is bolstered, in part, by the stability and guidance offered by relatives or sponsorship groups, advocates say.

Janet Dench, executive director of the Canadian Council for Refugees, said she was not surprised with the findings.

> **There is a lot of energy, opportunity and availability.**
> Janet Dench

"Privately-sponsored refugees usually have family members in Canada for support and they are not selected for their vulnerability like the GARs (government-assisted refugees) are," she explained.

The internal review examined all aspects of the refugee resettlement programs — government-assisted, private sponsorship, the blended-visa program, which is a blend of the two, and the resettlement assistance program — between 2010 and 2015, before Ottawa opened its doors to 31,000 Syrian refugees in December.

During the period, a total of 49,516 refugees were resettled in Canada, 53 per cent of them under the government-assisted program, 46 per cent sponsored by private community groups and just one per cent under the blended-visa program.

Thirty-nine per cent of government-assisted refugees were children, compared to 30 per cent among their privately-sponsored counterparts.

"There are a lot of groups that want to do private sponsorships as a result of the Syrian resettlement efforts. There is a lot of energy, opportunity and availability. If the government does not make it more responsive to these groups, we are going to lose them," said Dench.

TORSTAR NEWS SERVICE

POLITICS

Trudeau chooses new bi-partisan senators

Prime Minister Justin Trudeau has named nine new, non-partisan senators, bringing him within reach of his goal to transform the discredited Senate into a more reputable, independent chamber of sober second thought.

The five women and four men hail from a wide variety of backgrounds, from an art historian to a renowned human rights lawyer to a conservationist. All will sit as independents in the Senate.

They are the first senators to be chosen under an arm's-length process that saw more than 2,700 people apply to fill the 21 vacancies in the 105-seat upper house.

Trudeau is poised to announce two more batches of appointments within days, filling the remaining 12 empty seats — six from Quebec, six from Ontario — and, for the first time, putting senators with no partisan affiliation in the driver's seat.

> **It is part of our ongoing efforts to make the Senate more modern.**
> Justin Trudeau

When he's done, independent senators will hold a plurality of 44 seats, outnumbering the Conservatives' 40 and the independent Liberals' 21.

Trudeau called the appointment process "merit based and open."

"It is part of our ongoing efforts to make the Senate more modern and independent and ensure that its members have the depth of knowledge and experience to best serve Canadians," he said in a statement Thursday.

But while a premium is supposed to be put on merit, the new process does not preclude people who've been involved in partisan politics. And at least three of the newcomers have some links to federal politics, although none would qualify as "hacks, flacks and bagmen," the sobriquet that used to be routinely applied to senators.

THE CANADIAN PRESS

RESIDENTIAL SCHOOLS

Supreme Court to decide if stories can be shredded

The future of the often heart-rending stories told by survivors of Canada's residential schools will be decided by the country's top court.

The Supreme Court of Canada said Thursday it would hear the federal government's appeal of a decision that the highly personal accounts should be destroyed after 15 years — unless the individuals decide otherwise. The court also ruled Inuit representatives can take part in the case.

The federal government sought leave to appeal to the Supreme Court, arguing it controls the documents and that they are subject to legislation related to privacy, access to information, and archiving.

The documents at issue relate to compensation claims made by as many as 30,000 survivors of Indian residential schools — many disturbing accounts of sexual, physical and psychological abuse.

THE CANADIAN PRESS

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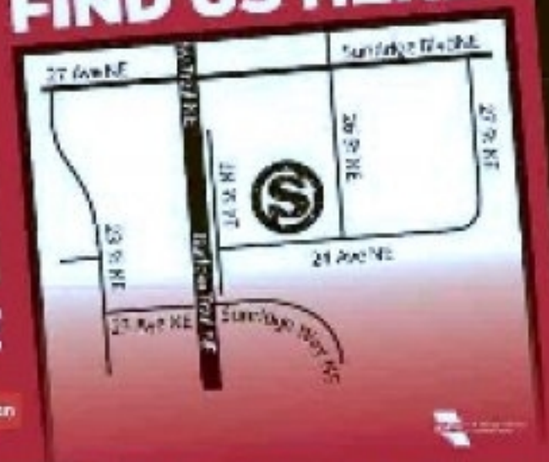

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Welcome to America the Cliché

Rosemary Westwood relocates from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

It couldn't have been a more clichéd start to a new life in the U.S.A.

At the Detroit border between the U.S. and Canada, waiting in a small grey room for my immigration paperwork to be processed while border officers rummaged through the U-Haul truck, there were the usual markers that you're in America now, baby: A large, framed photo of the president, a series of beefy, mostly white male guards in buzzcuts, an array of bald-eagle images, and a mostly non-white group of travellers chosen for extra scrutiny.

But also this: An alleged instance of racial profiling. A tense encounter between a black man, who was saying he'd been stopped for more questioning at the border 10 times in a row, and officers, who said the man was "resisting."

"That's what's wrong," one guard said, shaking his head. "It's happening all over the country. It's not disrespectful to obey the commands of an officer."

I heard voices and scuffles, and when the black man came out into the waiting area, his white hightops were undone. "They broke my watch," he told his girlfriend, slumping into a chair beside her.

Another white guard tried to smooth things over: "I just want to make sure you understand what this is about."

"Oh, I know what this is about," the black man said.

But I never saw how it ended. A guard processed my visa paperwork, and I was officially living in America, making my debut in the lattice-work criss-cross of southeastern Michigan's four-lane freeways.

Then came the second cliché. In the middle of the night, in a Dearborn, Mich. hotel, I heard gunshots. Pop-pop. Pop-pop-pop-pop. I shook my fiancé awake, terrified. There was

Robert Burck, known as the 'Naked Cowboy,' antagonizes protestors as they rally against Donald Trump during a 'Nasty Women Protest' outside of Trump Tower on Fifth Avenue in New York City. GETTY IMAGES

screaming, too many voices to count, and as they grew louder and closer I pushed both of us off the bed, dragging the blankets, to hide behind a wall. We waited. The sounds dimmed. There were no sirens.

The next morning, joking that I had "saved us," and skeptical that I'd heard what I thought I'd heard, I asked the front desk guy. He frowned. "Yeah," he said. "Sorry."

"We haven't had a shooting for four years," he assured us. The night security guard had left the left the premises earlier in the evening, he said, because — what else — his sister had been shot. The shooting we'd heard occurred later, outside the hotel lobby. "They called the cops, but they never came." About that last fact, he was apologetic but unsurprised.

And that began our three-day road trip through seven U.S. states, two of them battlegrounds between Hillary Clinton and Donald Trump — Michigan, where polls show Clinton in the lead, and Ohio, closer to tied — and five of them redder than Trump in a rage: Kentucky, Tennessee, Alabama, Mississippi, and Louisiana.

At the Nashville BBQ joint where we ate our weight in smoked meat, the admonishments posted on the wall included "No swearing" and "God bless the South."

Driving through Alabama, one radio announcer boasted: "Tune in every morning for the latest news in the culture wars."

When we got to New Orleans, one neighbour had been keeping a lookout for the truck, and hurried over to help us unload. "All right, now?" he asked and smiled. "You made it."

+ FIRST LADIES

"Yes, Hillary Clinton is my friend": Michelle Obama

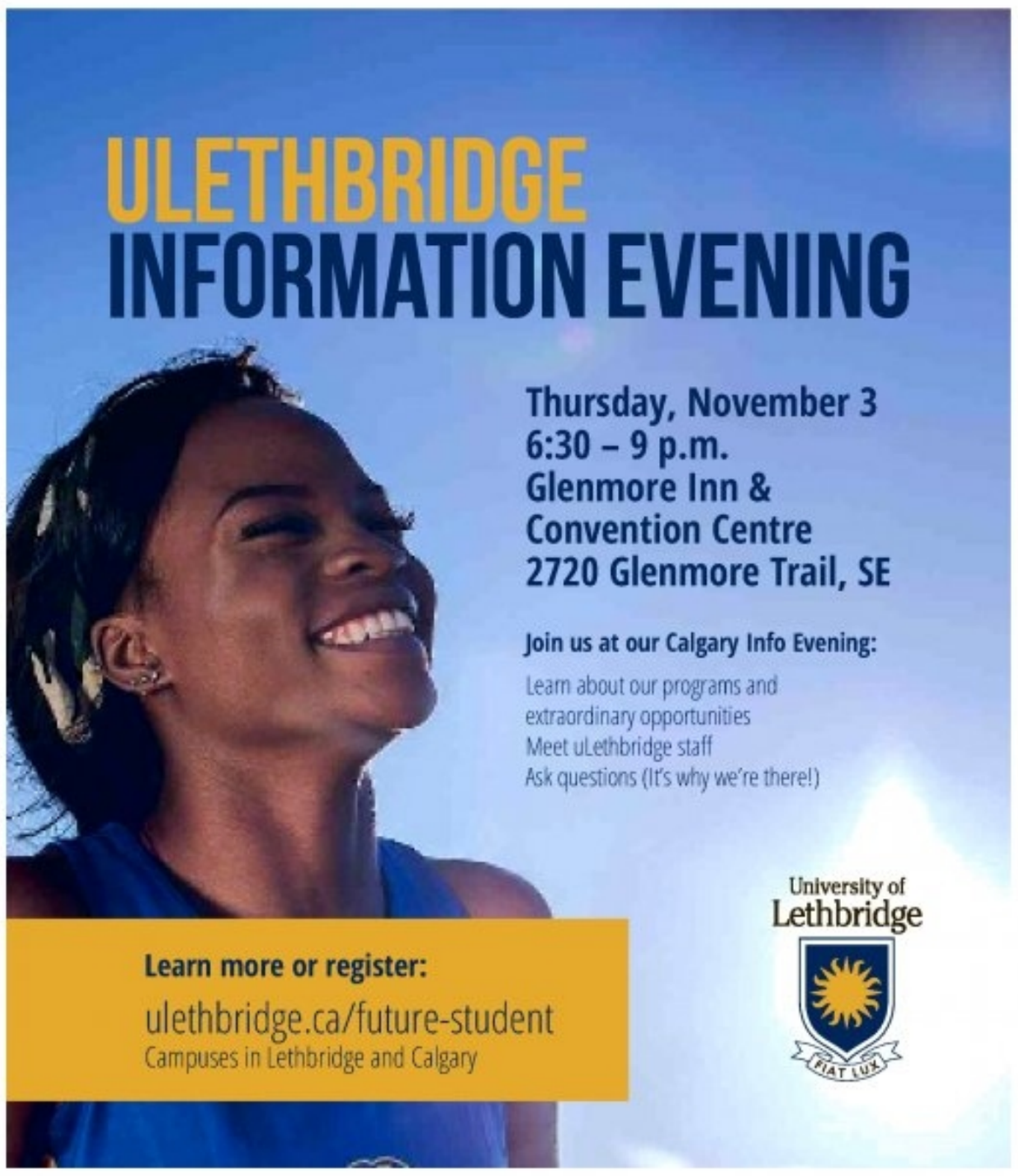
As first ladies they could hardly have been more different. But as Democrats looking to fire up women, Michelle Obama and Hillary Clinton were firmly bonded on Thursday.

In their first joint appearance on the campaign trail, Mrs. Obama and Secretary Clinton talked up their shared respect, common values and goals: Defeating Republican Donald Trump.

Since she's emerged as Clinton's headline-grabbing surrogate, people wonder one thing, Obama noted. "Yes, Hillary Clinton is my friend," she answered.

Obama said she "would not be here" if she didn't believe Clinton would be a president she could trust.

THE ASSOCIATED PRESS



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School attack 'the deadliest of its kind'

Frame grab from video of children being pulled by an adult after airstrikes in Hass, Syria, on Wednesday.
MUAZ AL-SHAMI/SYRIAN REVOLUTION NETWORK VIA THE ASSOCIATED PRESS

SYRIA

Airstrikes could possibly be war crime: Ban Ki-moon

UN Secretary-General Ban Ki-moon called on Thursday for an immediate investigation of an attack on a school in Syria's Idlib province that the UN's children's agency is calling one of the deadliest of its kind in the country's six-year war.

UNICEF raised its toll for Wednesday's attack to 28 dead, among them 22 children and six teachers.

Ban said in a statement that the attack, carried out against rebel-held territory, may amount to a war crime if found to be deliberate.

"If such horrific acts persist despite global outrage, it is largely because their authors, whether in corridors of power or in insurgent redoubts, do not fear justice. They must be proved wrong," he said.

Witnesses said overhead jets targeted the school in the town of Hass as many as 10 times, around midday Wednesday. Opposition activists blamed the strikes on Russian and government planes.

Idlib is the main Syrian opposition stronghold, though radical militant groups also have a large presence there. It has regularly been hit by Syrian and Russian warplanes as well as the U.S.-led coalition targeting Daesh militants.

The Russian military denied responsibility, calling the accusations a "sham."

Russian Defence Ministry spokesman Maj. Gen. Igor Konashenkov said a Russian drone flew over the school building Thursday and found its roof intact and no bomb craters around it.

Russian warplanes didn't fly over the area the previous day, Konashenkov said.

The Syrian Civil Defence first responders team said on Thursday that the airstrikes killed at least 35 people, mostly children.

The Britain-based Syrian Observatory for Human Rights said 15 students were killed, as well as four teachers and three other women. It was not immediately possible to reconcile the separate figures, but divergent death tolls are not uncommon in a conflict-torn Syria that has been largely inaccessible to international media for over two years.

THE ASSOCIATED PRESS

MOSUL

Iraqi forces uncover tunnels, bomb factory

Iraqi forces explored a network of tunnels and uncovered a bomb-making facility on Thursday in a village near Mosul that was recently retaken from Daesh, offering a glimpse of the challenge they will face as they move closer to the city.

Ten days into the offensive, the special forces are still at least six kilometres east of the city and have faced stiff resistance, with Daesh firing mortars and machine-guns.

During cleanup operations in the area of Tob Zawa, special forces Brig. Gen. Haider Fadhil's men found a tire shop that had been converted into a factory for making roadside bombs and attaching armour to vehicles.

They also found a tunnel equipped with fans and lights that ran from beneath a mosque out to a road. Iraqi forces have found extensive tunneling networks in areas retaken from Daesh, which the militants used to elude U.S.-led coalition warplanes.

Many fear Daesh may resort to more brutal tactics as the forces converge on the city, which is still home to more than a million people.

THE ASSOCIATED PRESS

U.S.

Mississippi teen fearful after noose incident

A black 15-year-old in Mississippi shook in fear as he described how white schoolmates put a noose around his neck and pulled it tight, his mother said Thursday.

Stacey Payton, 47, told The Associated Press when her son met her in her office and told her about the Oct. 13 incident a few hours after it happened in a high school locker room, it was as though "a chill" went over her body.

The Stone County Sheriff's Department is investigating. Mississippi NAACP President Derrick Johnson is calling for federal authorities to investigate a possible hate crime. The FBI said it is aware of the incident.

THE ASSOCIATED PRESS

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403-220-4238 Email us: bdstudy@ucalgary.ca

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DIGITAL SHOPPING

Amazon cooking up online Turkey orders

Amazon wants Americans to order their turkey, stuffing and cranberry sauce online for U.S. Thanksgiving — its latest effort to make its Prime subscription service a central part of food shopping, much the way it's done for other consumer goods.

Right before the cooking-heavy months of November and December, Amazon rolled out a monthly payment option for its grocery delivery service, AmazonFresh. On Monday it expanded to several new cities including Chicago and Dallas.

Amazon — which has been working on expanding grocery delivery since 2007 — is taking aim at the $650 billion grocery industry. It's a highly competitive arena filled with rivals like Wal-Mart and Instacart trying to lure customers away from traditional grocery stores.

Some reports suggest that Amazon plans to open grocery stores of its own, but the company has declined to comment.

THE ASSOCIATED PRESS

A woman protests against international trade agreements TTIP and CETA in front of EU headquarters in Brussels Thursday. **The Belgian government reached a deal to back a free trade deal between the European Union and Canada on the day the it was supposed to be officially signed with Canadian Prime Minister Justin Trudeau.** GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

IN BRIEF

Bank cuts 600 jobs

National Bank of Canada announced Thursday it is eliminating 600 jobs over the next year and offering early retirements or other positions to another 300 workers as it tries to adapt to a technological shift in the industry. About 70 per cent of the job losses will be centred in the bank's base in Quebec, with the rest scattered across the country. THE CANADIAN PRESS

market minute

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74.70¢ (-0.03¢)

TSX
14,833.75 (+26.19)

OIL
$49.72 US (+54¢)

GOLD
$1,269.50 US (+$2.90)

NATURAL GAS: $3.07 US (+3.2¢)
DOW JONES: 18,169.68 (-29.65)

Belgium agrees to sign Canada-EU trade pact

ECONOMY

Feds say more work lies ahead before the deal is approved

Belgium has agreed to sign on to the Canada-European Union trade deal after resolving internal differences over the pact that produced a week of high drama and delayed Thursday's planned signing ceremony.

After days of tension and last-minute negotiations, Belgian Prime Minister Charles Michel confirmed Thursday morning that the impasse had been broken.

"Belgian agreement on #CETA. All parliaments are now able to approve by tomorrow at midnight. Important step for EU and Canada," he said on Twitter. Michel said the negotiations produced guarantees for farmers and on a corporate dispute settlement system that will allow Belgium to back the deal, known as the Comprehensive Economic and Trade Agreement, or CETA.

With the fate of the pact in limbo late Wednesday, Prime Minister Justin Trudeau and International Trade Minister Chrystia Freeland had already scrapped plans to fly to Brussels for Thursday's scheduled signing ceremony.

Now the latest changes must be ratified by 27 other nations in the European Union and Freeland's office cautioned that more work lies ahead.

"This is a positive development, but there is still work to do. There remain additional steps before signing," Alex Lawrence, press secretary to Freeland, said in a statement.

"Canada has done its job. We negotiated a progressive agreement that will create jobs and growth for the middle class. Canada remains ready to sign this important agreement when Europe is ready," he said.

Donald Tusk, president of the European Council, also praised the news but said he would only reach out to Trudeau once the pact was ready to sign.

"Only once all procedures are finalized for EU signing CETA, will I contact PM @JustinTrudeau," Tusk said on Twitter.

TORSTAR NEWS SERVICE

APPROVAL

- Twenty-seven of the 28 nations had given the pact their required endorsement.
- But Belgium had been the hold-out because of internal objections, largely raised by Wallonia, a French-speaking region of the country which has veto power.

NOTICE OF HEARING FOR TEMPORARY GUARDIANSHIP ORDER TO:

Treston Blackhorse

Take notice that on the **2nd day of November 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your children born on **2010/01/29 and 2011/12/07.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR TEMPORARY GUARDIANSHIP ORDER TO:

Angela Standingready

Take notice that on the **16th of November 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on **October 15, 2015.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR AN APPLICATION FOR A TEMPORARY GUARDIANSHIP ORDER TO:

CHARLES BEARHAT

Take notice that on November 16th, 2016 at 9:30 A.M. o'clock in the forenoon; a hearing will take place at the Court house on the Siksika Nation reserve, in the Province of Alberta. A Director under the Child, Youth and Family Enhancement Act will make an application for a Temporary Guardianship Order on a matter in which you are interested. If you wish to speak to this matter in court, you MUST appear in court on this day. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be granted in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: LINDA NOTHING
SIKSIKA FAMILY SERVICES
SIKSIKA, ALBERTA

Telephone: (403) 734-5140

NOTICE OF HEARING FOR AN APPLICATION FOR A TEMPORARY GUARDIANSHIP ORDER TO:

KEIVIN YELLOWFLY

Take notice that on November 16th, 2016 at 9:30 A.M. o'clock in the forenoon; a hearing will take place at the Court house on the Siksika Nation reserve, in the Province of Alberta. A Director under the Child, Youth and Family Enhancement Act will make an application for a Temporary Guardianship Order on a matter in which you are interested. If you wish to speak to this matter in court, you MUST appear in court on this day. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be granted in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

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metro SCIENCE
Your essential daily news

Thanks to a prosthetic arm and brain-implanted sensors (really), a man who has been paralyzed for a decade regained feeling in his 'fingers'

DECODED by Genna Buck and Andrés Plana

SEEING SOMETHING TOTALLY NEW

Aside from dusty old surgical samples, until this year no scientist had ever seen the early human development that takes place between approximately seven and 14 days after fertilization. The embryo is burrowed into the mother's body, hidden from view. **Now technology is letting us peer into the process, in real time, for the first time.**

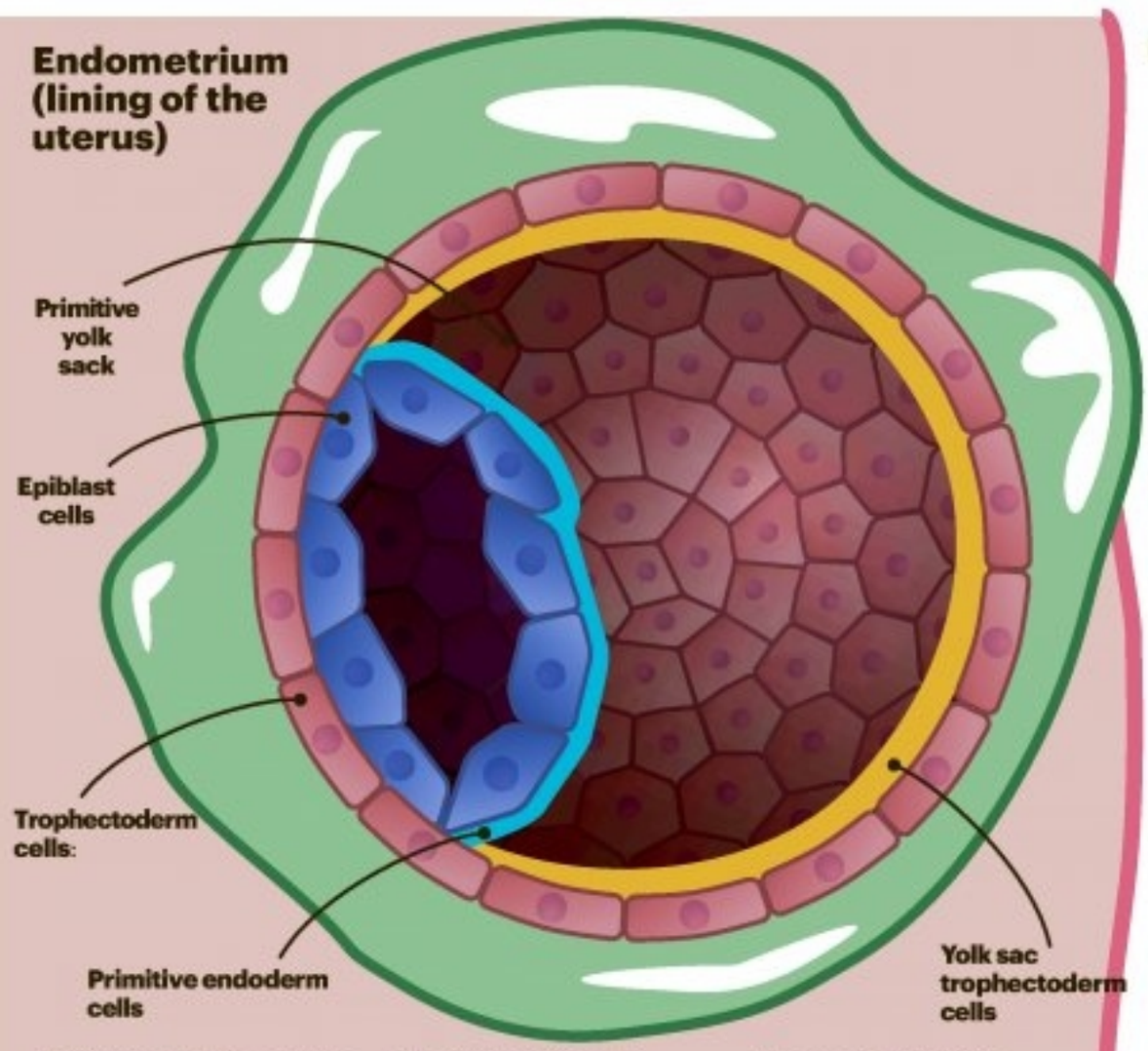
WHAT WE LEARNED

Using stem cells donated by fertility clinics, two groups of scientists, one in the U.K. and one in the U.S., have grown human embryos for up to 12-13 days in the lab. (Usually, the embryo latches on to the mother around day seven). **Here's what surprised them most**, according to scientist Gist Croft, a member of the U.S. team.

1. Failure is **really** built into the process: about 80 per cent of embryos are not viable.

2. Early embryos are amazingly **self-organizing**. It was previously thought they required input (like hormone signals) from the mother to grow and arrange into a complex shape. But they do this all on their own.

3. Researchers discovered what they think is a **brand new cell type**, which they dubbed **yolk sac trophectoderm cells**. Even more crazy: Though scientists don't yet know exactly what they do, these cells seem to express genes from all three of the other main embryo cell types, meaning they could have an important role in future stem-cell science.



Epiblast cells: Become the body
Primitive endoderm cells: Become the amniotic membranes
Trophectoderm cells: Become the placenta

Primitive yolk sac: A structure that nourishes the developing fetus
Yolk sac trophectoderm cells: A newly discovered cell type that lines the yolk sac

Blastocyst: What the less than one-millimetre embryo is called at this phase. After nine weeks, doctors start calling it a **fetus**

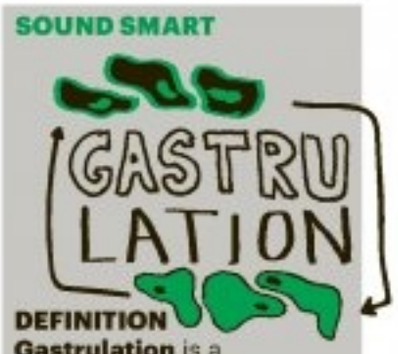
FINDINGS Your week in science

NASA

MOONS OVER URANUS
Researchers re-analyzing 1986 data found odd, periodic disturbances in Uranus's rings that suggest the icy planet has two very small moons orbiting near its surface.

ZERO CREDIBILITY
Canadian Gaétan Dugas, the "Patient Zero" blamed for spreading HIV in North America, was no more responsible than hundreds of others who came down with AIDS in the early 1980s, a new study shows. But the myth persisted, in part, possibly, because in an early study, people misread the letter O (for "out-of-state"), as a zero.

SOUND SMART



DEFINITION
Gastrulation is a developmental process in complex animals (like us!) that happens when the embryo (at this point a hollow blob of cells) folds in on itself and reorganizes into three layers. These **germ layers** each give rise to a specific group of organs.

USE IT IN A SENTENCE
Biologist Lewis Wolpert once quipped, "It is not birth, marriage, or death, but **gastrulation**, which is truly the most important time in your life."

CITIZEN SCIENTIST by Genna Buck

How far can we forecast weather?

I've heard it's going to be a really cold winter. How do we know that? - Luke, Halifax

I put your question to Greg West, a climate researcher at UBC.

Using satellite data, information about climate oscillations like El Nino and La Nina and arctic sea-ice extent, Environment Canada and the U.S. climate prediction centre can forecast whether the next three months will be above, below, or at normal temperatures with 50 to 70 per cent accuracy, West said. For precipitation, it's zero to 40 per cent. It's a La Nina year here, so we can (probably) expect a cold, snowy winter counteracted in part by the long-term warming trend, West said.

"For day-to-day temperature forecasts, we're more skillful than a random guess out to about ten days," he said. "For precipitation, it's more like seven."

So, anyone who says they can make a specific forecast farther out than that either has information top meteorologists don't, or is full of it.

Predicting the future of chaotic systems is inherently a really hard thing to do, and climate change is making it even more complicated. Long-range forecasts are described relative to historical averages. But when the past 30 years have been nothing but superstorms, polar vortexes and sinking sea ice, averages don't tell you much.

Can we talk about those "farmer's almanac" type of publications for a minute? Some of them claim to have a "scientific" "secret formula" that can predict the year's weather with 80 per cent accuracy.

Generally, scientists don't keep secrets. They publish their data and methods in detail. Whenever some company or person claims to have a tool that is both scientific and proprietary, it's good to stop and ask yourself whether their secrecy is protecting a legitimate commercial interest, or if it's just a cover for BS and bias.

Science Question? Tweet @genna_buck

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by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

The fraught relationship of faith and film

Inferno, starring Tom Hanks, sidesteps the religious controversy with a tale of a deadly virus that threatens all of humanity, but the other Dan Brown films have made film and religion an uncomfortable pairing. CONTRIBUTED

INFERNO

Da Vinci Code franchise just latest member of controversy club

Richard Crouse
For Metro Canada

This weekend professor of religious iconology and symbology Robert Langdon (Tom Hanks) returns to theatres in Inferno, the third movie in the Da Vinci Code franchise.

In 2006, the fictional Harvard prof made his big screen debut, uncovering the complicated personal life of Jesus Christ in The Da Vinci Code. Three years later he used his knowledge of symbology to unravel the mystery of a secret brotherhood called the Illuminati and thwart a terrorist act against the Vatican.

In between those two movies I received dozens of outraged emails, long tracts regarding Dan Brown's books, the upcoming movie, The Illuminati and the veracity of the stories.

In response to the folks who contacted me, concerned the film, which had not been released yet, would be a dangerous piece of anti-Catholic propaganda, I wrote a forward to my Angels and Demons review, pointing letter writers toward the Vatican newspaper L'Osservatore Romano. They described Angels and Demons as "harmless entertainment which hardly affects the genius and mystery of Christianity."

Their review noted it is filled with historical inaccuracies but went on to suggest that one could make a game of pointing out all of the film's historical mistakes.

In other words, don't take it seriously and you'll have a good time. Despite the Vatican newspaper's warm embrace, the film still ignited a firestorm of criticism from people upset about the story's alleged anti-Catholic sentiments.

Inferno sidesteps religious controversy with a tale of a deadly virus that threatens all of humanity, but cinema and religion have often made for uncomfortable pairings.

In 1999 the Catholic League denounced Dogma's tale of two fallen angels (Ben Affleck and Matt Damon) trying to get back into heaven as "blasphemy." More recently, uproar erupted over Darren Aronofsky's unorthodox take on the story of Noah. Jerry Johnson, president of the National Religious Broadcasters, loudly objected to the film's "insertion of the extremist environmental agenda."

Perhaps the most controversial religious film ever was The Devils, based on Aldous Huxley's nonfiction book The Devils of Loudun. Years before Ken Russell made the movie, a filmmaker approached Huxley wanting to turn the story of a radical 17th century French Catholic priest accused of witchcraft and burned at the stake, into a film. Huxley said, 'Don't do it.'

He thought there was no way the story could be presented in an entertaining way without short-circuiting people's minds. Turns out maybe he was right.

Forty-five years after its release Russell's film is little seen but much talked about. Banned, censored and still unavailable in its complete form on Blu-Ray, the movie's graphic church orgy offended many — and was cut and removed by censors — but it's more than shock and titillation.

It's a film that makes a serious statement about the struggle between church and state but does so in an entertaining and provocative way.

MOVIE RATINGS by Richard Crouse

Inferno	★★
Moonlight	★★★★
The Handmaiden	★★★★
American Pastoral	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
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Fighting with honour on Hacksaw Ridge

Actor Vince Vaughn, right, shakes hands with World War II vet RV Burgin, with director Mel Gibson, second from left, and actor Luke Bracey at a screening of the film. MAX BECHERER/THE ASSOCIATED PRESS

DESMOND DOSS

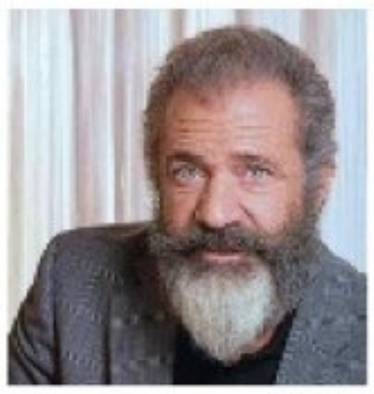
Movie shows true exploits of unarmed medic at war

When Desmond Doss climbed up Hacksaw Ridge — a 400-foot high escarpment on the island of Okinawa with a wall of dug in Japanese soldiers at the top — he carried his Bible, his combat medic supplies and the weight of his moral convictions but no weapon.

When the wounded American Army private eventually came back down for good, he was credited with repeatedly braving harsh enemy fire to treat fellow troops, carry them to the cliff's edge and lower them to safety. For his heroics, he was awarded the Congressional Medal of Honor — a rarity for a conscientious objector.

Now his exploits on Okinawa and his struggles to serve both his country and his conscience have been made into a film, Hacksaw Ridge, directed by Mel Gibson. For Gibson, telling the story of a man whose Medal of Honor citation goes on for two full pages and includes a wounded Doss giving up his stretcher to another wounded man, the challenge was almost having too heroic of a story to work with.

"You couldn't even tell everything the guy did because it becomes almost unbelievable," said Gibson, speaking Wednesday before a screening at The National WWII Museum in New Orleans. "You're talking about a man here who really stuck by his conviction and his faith and he went into a situation like hell on earth, an ordinary guy doing extraordinary things."



Mel Gibson. THE ASSOCIATED PRESS

> **You couldn't even tell everything the guy did.**
> Mel Gibson, Director

Doss, a Seventh-day Adventist, felt his beliefs barred him from even carrying a weapon, let alone killing. But he wanted to serve his country and ended up in a combat infantry unit, tending to the wounded under some of the war's most dangerous conditions. The movie details how his fellow troops, initially suspicious of Doss, came to admire his moral and physical courage.

In Europe, the war with Germany was all but over when Doss's unit arrived on Okinawa in late April. But in the Pacific, it was a bloody slog against the Japanese to capture island after island.

His unit was trying to take Hacksaw Ridge, formally the Maeda Escarpment, and push out dug in Japanese troops. Doss's Medal of Honor citation describes how his unit was driven back down the cliff by a barrage of mortar, artillery and machine-gun fire but Doss voluntarily stayed behind, evacuating the wounded by rope over the cliff, all under intense enemy fire.

While the movie focuses mostly on that one event where Doss rescued 75, the citation notes how he repeatedly risked his life until he was wounded nearly a month later.

For Gibson, another challenge was making the movie realistic without being ghoulish. Of the audience, he said: "I don't want them running out screaming. You want them to stay in there with you so you have to find a way to temper it, but keep it real."

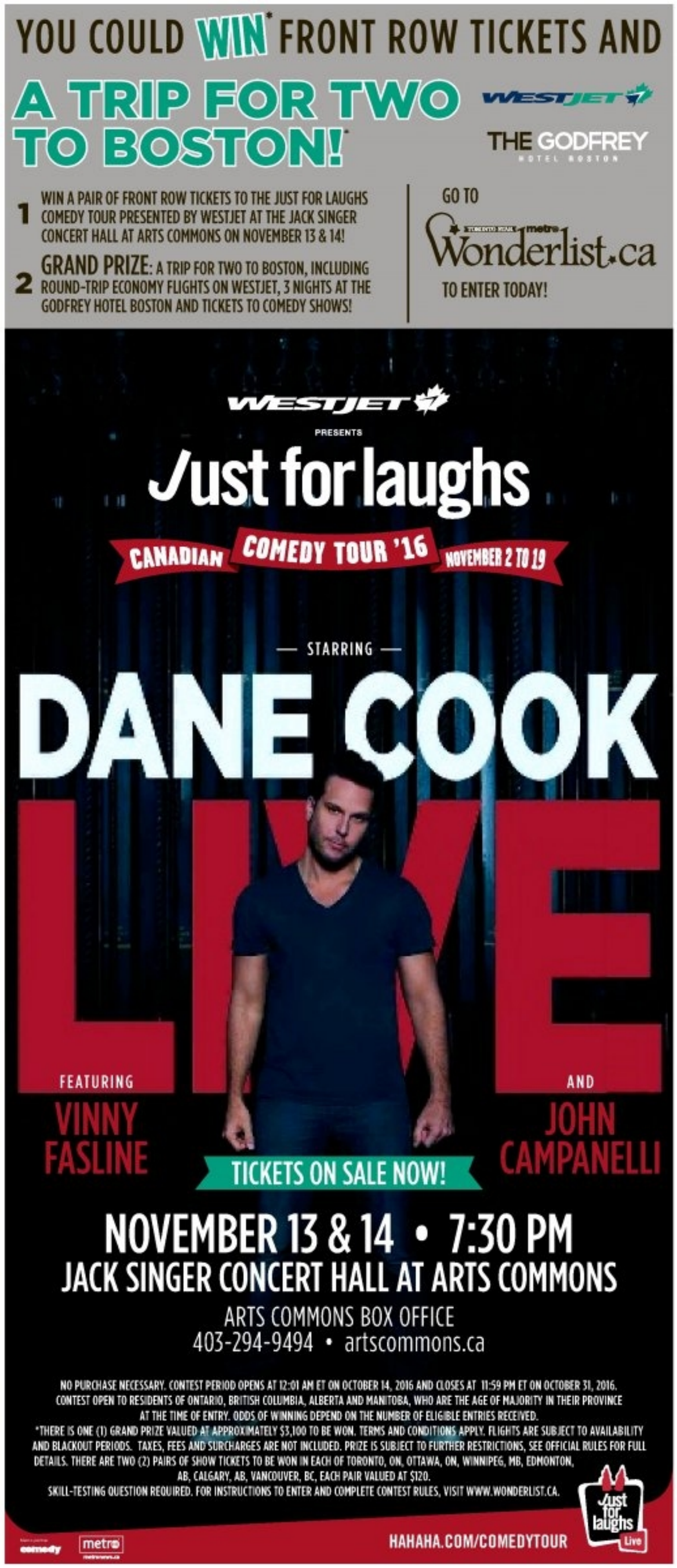
The title character of Desmond Doss is played by Andrew Garfield. Vince Vaughn plays the tough Sgt. Howell tasked with bringing new recruits up to snuff and leading them into battle.

Vaughn said they screened the movie for some veterans who found it "very cathartic" and praised it for bringing awareness to post-traumatic stress disorder through the character of Doss's father, played by Hugo Weaving..

Doss's son, Desmond Doss Jr., was in New Orleans for the screening. He said his father, like many others who perform heroic feats, often said he was just doing his job. But the son said his father also felt it was for the glory of his God and he needed to share his story. For Doss Jr., the movie is an "incredible love story" wrapped in carnage.

"It's about a man that loved his mother. He loved his church. He loved his wife. He loved the men that he worked with ... He never wavered in coming from this place of compassion, love and forgiveness," he said.

THE ASSOCIATED PRESS



Forty-year-old Naomie Harris has generated critical acclaim and Oscar buzz for her portrayal of a single mom in her latest feature, which follows a youth trying to navigate adolescence in the slums of Miami. CONTRIBUTED

Moonlight marks new phase for actress

ON SCREEN

Naomie Harris talks career, women in film, new indie flick

Steve Gow
For Metro Canada

She may have starred in the Pirates of the Caribbean franchise and played Moneypenny in the past two James Bond blockbusters, but it's a small indie flick that's getting Naomie Harris truly excited.

"This movie is so beautiful and I love the way it's touching people," said the English actress about her latest feature Moonlight. "People are saying that they're looking at life in new ways; it's very rare that you get a movie that touches people as deeply as this."

Since premiering at the Toronto International Film Festival, the Barry Jenkins-directed drama following a youth trying to navigate adolescence in the slums of Miami has been winning critics and building Oscar buzz for Harris's portrayal of the protagonist's strung-out single mom.

"What I always look for is an amazing script that (when) I read it, it moves me as Moonlight did," said Harris about playing the maternal crack-addict. "(I like) a character that scares me because I always like to do something completely different and be challenged."

Harris largely credits sophomore auteur Jenkins for guiding her through such a tumultuous part — especially one she filmed during a three-day break from promoting Spectre. However, even more than his direction, the actress insists Jenkins's sensitive script was what really stood out.

"Hollywood has an issue for writing for women in general," said Harris, adding that a profession dominated by dudes often means an understated female perspective. However, the 40-year-old Harris is also happy to report opportunities are improving with age. "Things are always getting better and I certainly feel like I have a better quality of scripts than I ever had before."

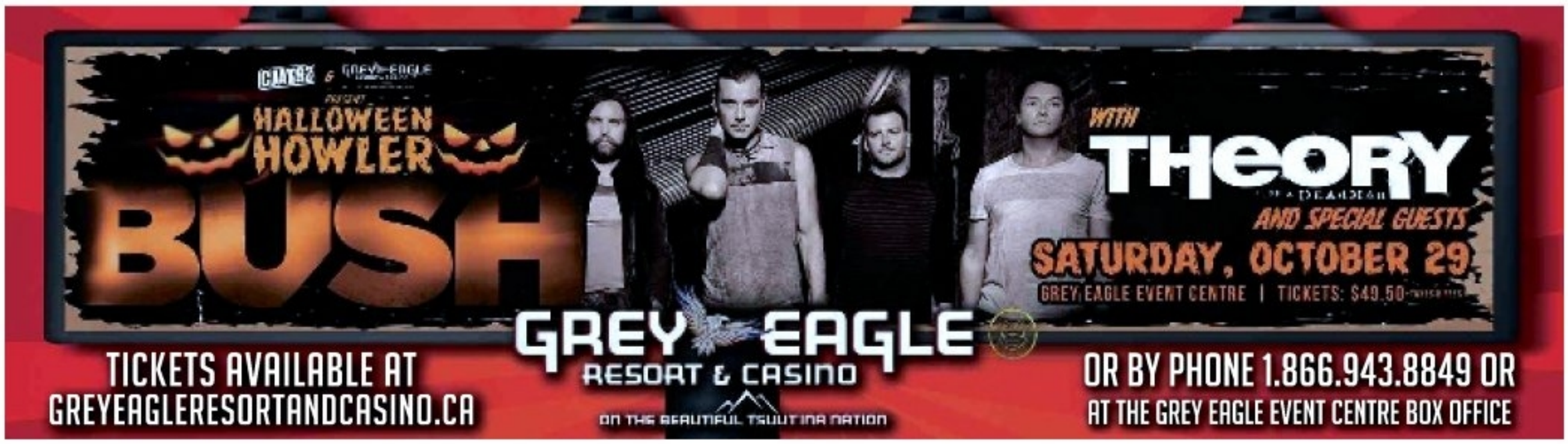
With a filmography that stretches back to the '80s, Harris is also impressively zen when it comes to reminiscing about a storied career that includes playing everything from a voodoo witch to Winnie Mandela.

"You do the very best you can and you hope people will go and see it but I always think the right movie finds the right person at the right time," stated Harris, before making one concluding addendum. "But I do believe everybody should go see Moonlight."

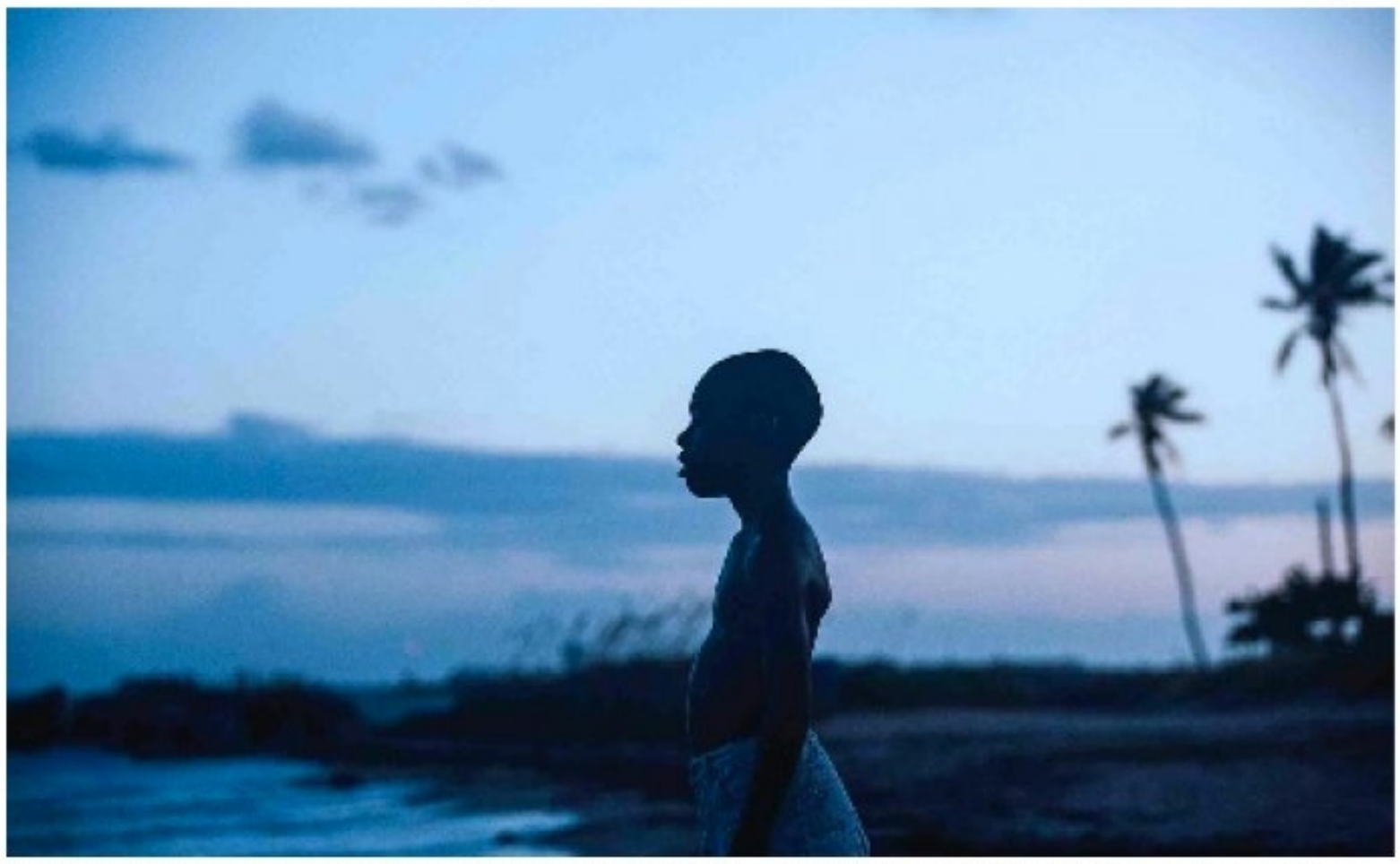
> **It's very rare that you get a movie that touches people as deeply as this.** Naomie Harris

TOP ROLES

- **Moneypenny:** In Spectre and Skyfall, Harris took on the renowned part of the MI6 secretary with a distinct romantic magnetism to James Bond.
- **Tia Dalma:** A voodoo queen with magical powers, Harris starred opposite Johnny Depp's Jack Sparrow in a pair of Pirates of the Caribbean pictures.
- **Winnie Madikizela-Mandela:** Harris portrayed the controversial wife of anti-apartheid-advocate Nelson Mandela in this 2013 award-winning biopic.



Film explores evolution of black youth's sexuality



Alex Hibbert stars in Moonlight. Director Barry Jenkins adapted an unproduced play by Tarell Alvin McCraney after reading its script and identifying similarities between himself and the life of main character Chiron in an impoverished African American community. CONTRIBUTED

MOONLIGHT

Director keys in on critical periods of boy's development

When Barry Jenkins read the script of a play about a young black man struggling with his identity while growing up in Miami, the director knew he had found a story to share.

In those pages was a rough neighbourhood like the one he grew up in, a drug-addicted mother like his own, and people trying to figure out who they were, just like those around him.

That script, with its deeply personal connections, became the inspiration for Jenkins's Moonlight, a stirring film about an African American boy growing up in an impoverished community while slowly trying to figure out his sexuality.

"It was so relatable to me that I could see it," Jenkins said of reading the unproduced play, In Moonlight Black Boys Look Blue, by Tarell Alvin McCraney.

"I felt like I was reading someone else's memory of my memory of my childhood. And when that happens, as a visual storyteller, it clicks."

The film is broken into three intimate chapters, spotlighting the lead character, Chiron, at key moments as a young boy, a teenager, and a man.

"I haven't seen a lot of films that treat this world or these characters in this way and yet, I know people like this," Jenkins said, noting that he intentionally used significant stretches of silence in the film to emphasize Chiron's evolution.

"I wanted to show the interiority of a black character from this very black world that I grew up in."

He acknowledges that his film ends up providing a commentary on the "performance of masculinity."

"I wasn't trying to make a gigantic statement on the state of black masculinity," he said with a chuckle. "But I can't deny, in both Tarell and I growing up in this world, there is a take away.... It's like masculinity can become a performance."

Trevante Rhodes can relate.

The actor who plays the toughened up adult version of Chiron remembers being tall, lanky and picked on when he was younger. He also recalls how he built up his now-muscular body in response.

"I always kind of struggled with identity, which for me is one of the themes of the film — knowing who you are, knowing who you love or knowing how to accept love," he said. "It really resonated with me, having to kind of build a facade to kind of shelter myself away from the world because I was kind of insecure."

Rhodes believes the movie has the potential to spur conversations about race, gender identity and acceptance.

"What's most important is stripping away — whether it be race, gender, sexual orientation — stripping away that and just looking at a person for who they are, and accepting and loving them for who they are," he said.

Singer and actress Janelle Monae, who plays the girlfriend of a drug dealer who becomes a father figure for Chiron, agrees.

"I had people in my family who sold drugs, I had people in my family who were trying to discover their sexual identity. I had people in my family who were on drugs. But I hope (the film) resonates even more with people who may not have these people in their communities," she said.

"If they can feel the empathy for these characters and a change of heart and not just reduce them to just being the have-nots or the people who made bad choices in their lives, but look at them as human beings, that to me is like a win."

Moonlight opens in Toronto on Friday and in cities across Canada next month.

THE CANADIAN PRESS

When Moonlight came, I was completely blown away. I had a strong visceral reaction to it — I cried, like two to three times. I was just so proud and happy that finally we were going to have a film about the young, poor, black, gay male experience.

Janelle Monae tells the L.A. times about her role

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CIVICS DON'T SELFIE AND VOTE A ballot box selfie Justin Timberlake took as he voted in his native Tennessee earlier this week apparently violated a new state law that bars voters from taking photographs or video while they're inside a polling place. The picture prompted a reminder of the law from state officials. A recent Associated Press review found that 17 states, including Tennessee, have laws preventing ballot selfies. THE ASSOCIATED PRESS

HOLLYWOOD

Man arrested for Trump star smash

Los Angeles police arrested a man suspected of using a sledgehammer to destroy Republican presidential candidate Donald Trump's star on the Hollywood Walk of Fame, officials said Thursday.

Jamie Otis was taken into custody early Thursday on suspicion of felony vandalism, Officer Andrew Chambers said. It wasn't immediately known if he has an attorney.

Otis told Deadline Hollywood after Wednesday's predawn attack that he originally intended to remove the star. He said he wanted to auction it off to raise funds for the 11 women accusing the presidential candidate of groping them. Trump has denied the groping allegations.

"I just sort of had enough with Mr. Trump's aggressive language toward women and his behaviour, his sexual violence with women and against women," Otis told the Los Angeles Times. "I've had personally in my own family four people who have been assaulted or have had sexual violence happen to them. It all became very personal."

Otis was expected to be booked later Thursday. He had planned to make a statement to reporters along Hollywood Boulevard and then turn himself in at a police station but officers picked him up before that could happen.

Otis told the Times he spent weeks planning his "nonviolent action," even going as far as spending a couple of nights in Hollywood to scope out the area to pick a time when he could do it "safely, carefully and successfully."

He said he would "gladly" pay for the repairs.

THE ASSOCIATED PRESS

"I just sort of had enough with Mr. Trump's aggressive language toward women and his behaviour...

Jamie Otis, alleged vandal

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Hanks finds parallels in Inferno's burning issues

INTERVIEW

Why latest Dan Brown tale has a flavour of race to White House

Tom Hanks, Felicity Jones and the rest of the Inferno cast had to be ultra-mobile as filming raced across Europe for the third instalment in the series. CONTRIBUTED

Embedded within the manic action of Inferno, the latest big-screen adaptation of a Dan Brown thriller, is a warning about the dangers of seeking simple solutions to complex problems. Star Tom Hanks says it's a theme with echoes in the current U.S. presidential race.

Inferno sets Hank's polymathic professor Robert Langdon on the trail of a deadly plague concocted by billionaire scientist Bertrand Zobrist (Ben Foster) out of a sort of warped humanitarianism: He plans to end war, poverty and famine by wiping out half the world's population.

Hanks says the belief that there's a "one-step answer to all problems" is alarmingly relevant.

"Down through history there's been an awful lot of people who say: Here's what the problem is, here's what it was caused by, and all you have to do is my suggestion, there's an easy way in order to make it go away," Hanks said.

"It's very simplistic, it's very reactionary. It's almost like a fundamental embracing of a brand of ignorance," he added. "But I think it's part of the political discourse."

Hanks clearly has the contest between Trump and Clinton in mind.

America, he says, needs "vision and leadership and scope, as opposed to one-stop shopping fixes all."

"I'm not a political activist, nor am I a political animal, but I will say: Look, I'm going to vote for her, because I think this is a marathon in order to solve not just the most obvious problems, but the ones that are coming down the pipe."

Political discussion over, Hanks happily reverts to talking about Dan Brown's mega-successful mix of medieval conspiracies and modern-day skulduggery.

In his third screen outing as Langdon, Hanks is sent on a high-stakes treasure hunt centred around the life and works of Dante Alighieri, whose Divine Comedy created a teeming vision of hell that has influenced artists and writers for 700 years.

He's joined by Felicity Jones' brainy medic Dr. Sienna Brooks as ally and intellectual sparring partner.

Hanks, who played Langdon in The Da Vinci Code and Angels & Demons — both directed by Ron Howard, as is Inferno — says he still finds pleasure in making the border-hopping thrillers. Inferno scurries from Florence to Venice to Istanbul, wreaking havoc in some of the world's most beautiful historic buildings.

"Making movies is by and large a pretty fun enterprise, except when you have to be cold or up late or wear a fake beard or something," said Hanks, after more than three decades in the business still the most affable of Hollywood stars.

"But these are rather special. The team has been together since the first one. We get to go to amazing places: London, Paris, Rome, Venice. Which is a lot better than, say, going to Sony Studios in Culver City, California."

For the viewer, the movie offers the pleasures of a good old-fashioned caper — Hanks likens it to a scavenger hunt — in which the characters must decipher a string of clues in a race against time.

"Time and distance are actually characters in all of these films," Hanks said over the phone from a rainy Florence, Italy, where the movie had its world premiere.

"We only have so much time and how do you get from Florence to Venice? Turns out the fastest way is the train, so we jump on a train and we actually shoot some of the movie while we're going from here to there," he said. "Ends up being one of the advantages of it not being a computer-generated story — these are movies that we shoot in real places."

For the actor, there's also the pleasure of absorbing large quantities of information so his character can dispense gobbets of exposition and expertise about everything from Dante's death mask to the nine circles of hell.

"It makes you a really great dinner companion," Hanks said.

"For a guy who really only had a couple of years of junior college — and none of it was spent in art history class — I end up learning an awful lot about art history."

Inferno opens in theatres on Friday. THE ASSOCIATED PRESS

MOVIES

Ready for a fresh Splash

Tom Hanks wants in on Channing Tatum's gender-swapped remake of his 1984 mermaid romantic comedy Splash.

Ron Howard and Brian Grazer are developing a new take on the film with Tatum starring as a merman in the part originated by Daryl Hannah.

"No one asked me. I am all in favour of it," said Hanks, who played Allen Bauer in the original film. "Why not? That's fine. Look, I think if they were really going to be bold, I would come back as Allen Bauer, and I would go off with Channing Tatum. That would be a bold movie.

Tom Hanks and Daryl Hannah in the 1984 Splash.

And I am suggesting it right now."

The project comes amid a rush of gender-swapped remakes including this summer's Ghostbusters. THE ASSOCIATED PRESS

Pop says Jarmusch stays true to Stooges

DOCUMENTARY

Rock icon says director was the first, only choice for film

In 1969, Jim Jarmusch got his hands on The Stooges' self-titled debut album, and the 16-year-old future filmmaker from Ohio was hooked.

"We were partly plotting our escape from Akron in the future and we were investigating whatever stuff we could get our hands on that was a little outside," said Jarmusch, seated Tuesday in a Detroit-area hotel suite next to Iggy Pop, frontman of both the band and Jarmusch's new documentary of the group called Gimme Danger. "We were Midwestern ... and suddenly that was like, wow, this is our stuff: This is working-class, wild-ass primal music. Yeah, that had a big effect."

The attraction never wavered, so Jarmusch said he eagerly accepted Pop's invitation four decades later to make a film about the band. While technically it qualifies as a documentary, Jarmusch prefers terms like "celebration" and "investigation of context and influences." Or, as he declares early in the film, which premieres Friday in Detroit and New York, "We are ... interrogating Jim Osterberg about the Stooges — the greatest rock 'n' roll band ever."

Whatever it's called, it's a compelling story about Osterberg — who became Iggy Pop — and his band that included late brothers Ron and Scott Asheton and James Williamson. The film chronicles the band's rise from the outskirts of Detroit to dissolution amid drugs and commercial indifference — but not before releasing sonic blasts that would inspire hordes of fans and bands, including the Sex Pistols, Ramones, Nirvana, Sonic Youth, and Red Hot Chili Peppers. Then, there's The Stooges' resurrection in the 2000s, when Pop says they reunified to "finish up the job" with new music, triumphant tours and induction into the Rock and Roll Hall of Fame.

The singer, who grew up near the college town of Ann Arbor, had long thought the story of his pioneering, proto-punk band, The Stooges, deserved to be told on film. But he "didn't ask two people to do the damn movie, I asked one person."

"(Jarmusch) knew all about the group and he had been coming to our shows anyway for no reason except to come to the show. He's his own person, artistically," said the 69-year-old Pop, dressed all in black save for some colorful sandals. "I thought, well, this would be a great opportunity, it would elevate the group to have someone of this stature see whatever they see and share that with people. And I knew he had the ability."

Pop, who in person and on film candidly discusses his earlier appetite for drugs and the band's propensity for self-sabotage, said he was still "shocked" to see Gimme Danger start with the 1970s demise and then move backward and forward from there. But he welcomed the "unique" approach of Jarmusch, which included animation, handwritten text and less-than-precise editing in an effort to "be true to The Stooges," according to the filmmaker.

Jarmusch calls it an "emotional decision" to structure the film the way he did, because hindsight offers the chance to view The Stooges' early failure far differently. He calls the first three albums — The Stooges, Fun House, and Raw Power — "a classic gift to rock 'n' roll music" featuring songs like I Wanna Be Your Dog, Search and Destroy and T.V. Eye.

"They had made those three things and now they're 23, 24 years old going home to their moms because they're rejected by the world," said Jarmusch, as Pop laughs heartily alongside him. "I made my first feature film, Permanent Vacation, when I was 26 years old. These guys had already made these three records and gone home ... Let's just start with what they did and how they were treated by the world."

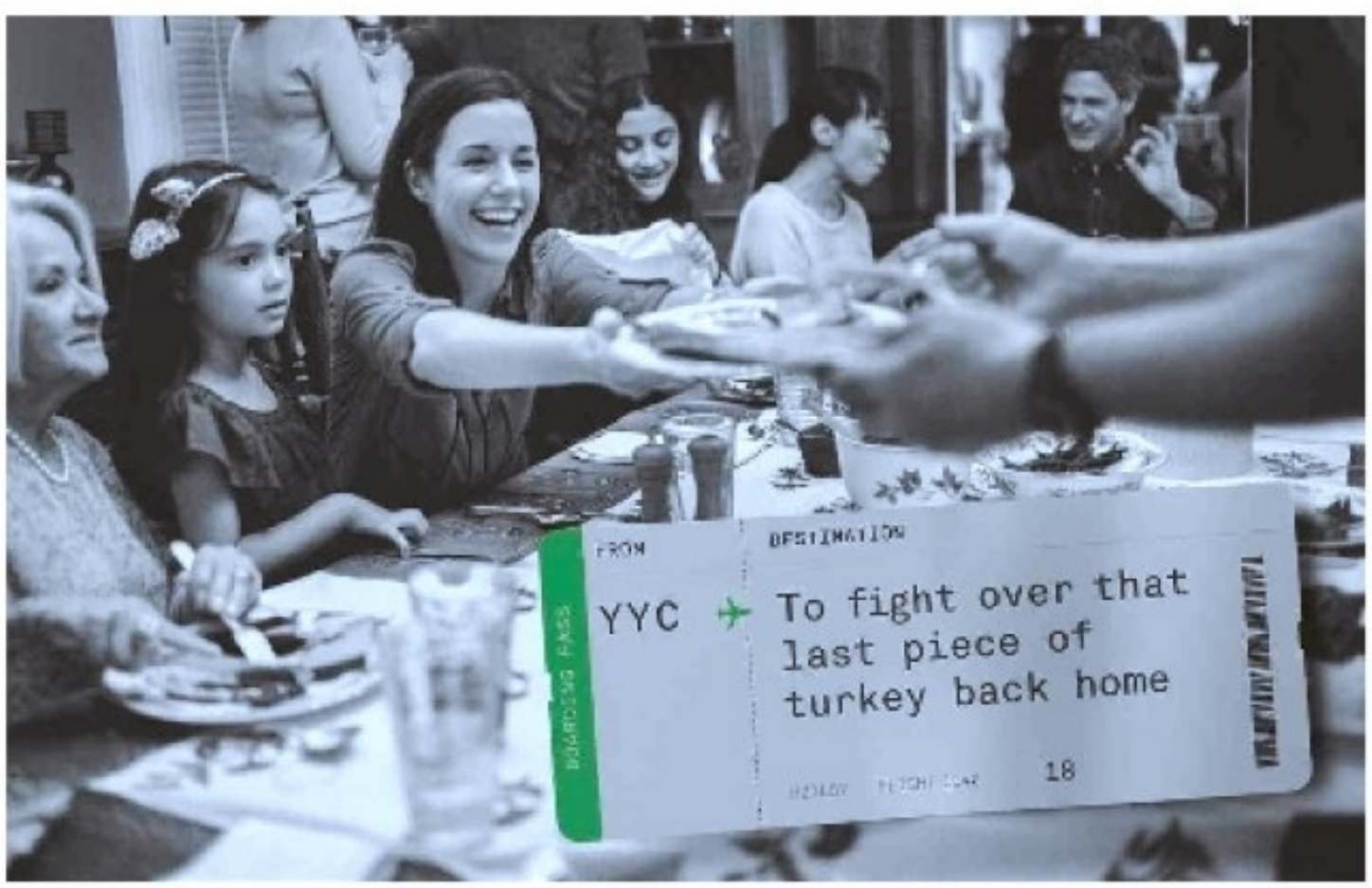
The comment leads to an easy, brotherly back-and-forth between filmmaker and subject. "To be fair to the world," Pop says, Jarmusch took the time to get a "proper education." The New York filmmaker of Broken Hearts and Only Lovers Left Alive admits he "wouldn't have been ready," but praises The Stooges for their early gusto: "You just went for it."

Pop allows that he could have been "more sensible" and "should have taken some music lessons, some singing lessons."

"I'm glad you didn't," Jarmusch said. THE ASSOCIATED PRESS

(Jarmusch) knew all about the group.
Iggy Pop

Director Jim Jarmusch, left and singer Iggy Pop, at the screening of Gimme Danger at the 69th international film festival, Cannes, in May. The film is slated to premiere Friday in Detroit and New York. LIONEL CIRONNEAU/THE ASSOCIATED PRESS



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We Are What We Are is the horrifying tale of a cannibal family that find their secret existence threatened. CONTRIBUTED

The top film frighteners on Netflix this Halloween

HORROR

Metro picks 10 of the scariest films available for streaming

Chris Alexander
For Metro Canada

'Tis the season to be scared! As Halloween approaches fright film fans both casual and hardcore go searching for horror and there's no better place than Netflix to find your screen screams.

This Fall, the streaming service has amassed a pretty impressive wave of classic and contemporary genre films guaranteed to raise hackles and promote sleeplessness. Metro picks 10 of the most terrifying on the Netflix roster. How many of these fine flicks have you seen?

1. Jaws (1975) A perfect film about a perfectly rude great white shark and the brave souls who try to stop its reign of toothy terror. Steven Spielberg's breakthrough horror adventure just keeps getting better with age.

2. Re-Animator (1985) H.P. Lovecraft's tale of mad science and speaking severed heads becomes director Stuart Gordon's gory, erotic black comedy masterpiece. Plenty of zombie action and oodles of bad taste.

3. Sweeny Todd (2007) Tim Burton's blood-soaked adaptation of Steven Sondheim's cannibal barber musical just might be the director's best film. It's certainly his goriest and the cast — including Johnny Depp and the late Alan Rickman — is truly mesmerizing.

Hush is a horror flick that will keep you on the edge of your seat. A deaf writer must fight for her life after a masked killer shows up at her window. CONTRIBUTED

This 1973 British horror film, Legend of Hell House, follows a group of researchers who spend a week in a haunted mansion. CONTRIBUTED

4. The Babadook (2014) Parents at the end of their ropes will get an extra shiver from this tale of a stressed out single mom under siege from a black hearted boogeyman. Chilling stuff.

5. We Are What We Are (2013) The American remake of the acclaimed Mexican indie shocker is even better; a dark, bloody tale of a murderous cannibal clan who are falling apart. Artfully made and truly terrifying.

6. The Fury (1978) Brian De Palma's outrageous horror thriller pits psychics against each other with explosive results. Worth it for the crazed final shot alone and a great macho performance by Kirk Douglas.

7. Hush (2015) One of the greatest home invasion horror films ever made helmed by one of the greatest modern horror directors, Mike Flanagan, whose Ouija: Origin of Evil is currently haunting theaters. A simple, smart and stylish shocker.

8. Hellbound: Hellraiser II (1988) This atmospheric and wildly gory sequel to Clive Barker's 1987 sex and death classic is arguably even better than the first instalment, with incredible make-up FX, surreal sequences and a majestic Christopher Young score.

9. The Legend of Hell House (1973) Moody and intelligent adaption of Richard Matheson's chilling novel Hell House is rightfully regarded as one of the best haunted house films of all time. If you're looking for maximum fright, watch it all alone with the lights off.

10. The Fly (1958) The original sci-fi/horror classic is in essence a tragedy, with a scientist fighting a losing battle with his humanity after a botched experiment leaves him with the head of an insect. An early Vincent Price horror role and a fine — often bloody — chiller that still works today.

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Horror legends talk about Halloween

For many, Halloween is so much more than dressing up with an off-the-rack costume and begging for treats, it's a celebration of the changing of the season and of embracing that dark, weird and wonderful side of us. Metro celebrates the magic of this macabre holiday with some of our favorite famous friends in fright: directors Stuart Gordon, Gabriel Carrier, George A. Romero and actress Barbara Steele. Here, these titans of terror share with us their warmest memories of Halloweens past. **CHRIS ALEXANDER** METRO CANADA

Barbara Steele

Actress: Black Sunday, 8 ½, Shivers

"I was filming a movie in Austria in an ancient mining town at night, when the director asked all the extras to be naked other than their boots and little lamps on their heads. The weather was freezing and it was snowing fiercely and they refused so he tore off all his clothes as a challenge. As I walked home alone from set, suddenly an army of motor bikes came roaring by with everyone on them dressed as skeletons. They got off their bikes and danced around me in a circle holding hands, then took off their masks and made weird shrieks and whistle while I continued walking in this strange medieval village surrounded by ghosts..."

Stuart Gordon

Director: Reanimator, From Beyond

"My favourite Halloween memory was from 1970 when we were the resident theatre company at a Chicago church and performed a Black Mass. Everyone had to give a drop of their blood into a large bubbling cauldron, which they later had to drink, and a naked woman was our altar. The Pastor had to swear his allegiance to Satan, which he loudly did. A good time was had by all..."

Gabriel Carrier

Director: The Demolisher

"Starting at a young age I was always terrified of the night before Halloween, Devil's Night. To battle this fear, my mother and I would carve pumpkins and she would roast the seeds. She told me that if I eat the seeds on Devil's Night and go to bed early, it would help me sleep and keep the ghouls away. To this day, I still carve and roast pumpkin seeds own the night before Halloween."

George A. Romero (shown in illustration)

Director: Night of the Living Dead, Dawn of the Dead

"I think I was eight or nine when I dressed up as Hopalong Cassidy and went trick-or-treating. We lived in one of those Met-Life developments in the Bronx, so I only approached residents in our eight-storey building. Those were the days of the Sharks and the Jets and, as a Latino, I was advised not to venture out onto the streets. There were 64 households in our building (8x8) and I knocked on every one of those doors. One man who lived on the top floor opened his door and said, "I don't have any candy for ya. Will ya settle for this instead?" He handed me a 10-dollar bill. Would I settle for it? Are you kidding? 10 bucks in 1948? In those days, that was real money! I'm sure that other kids knocked on that guy's door that night and I have ever since wondered if he gave them all 10 dollars. I'll never know..."

GEORGE A. ROMERO ILLUSTRATION BY RAFFI ANDERIAN

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Shawn Mendes finds his voice in new album

ILLUMINATE

Singer makes the transition from pop star to serious artist

When Shawn Mendes went into the vocal booth to sing Mercy, the gravelly, deep, emotional rock song from his latest album, he discovered a new side of himself.

He found his voice.

"When I sing it, when I perform it, like everything to do with the song is completely, just like my heart races, my blood pressures rises, I get all hot," said Mendes, who was encouraged to scream some of the lyrics to bring the song to life. "It's something that's unexplainable."

"After the take, I almost wanted to cry because so much emotion poured through me and you feel it in the song," he added.

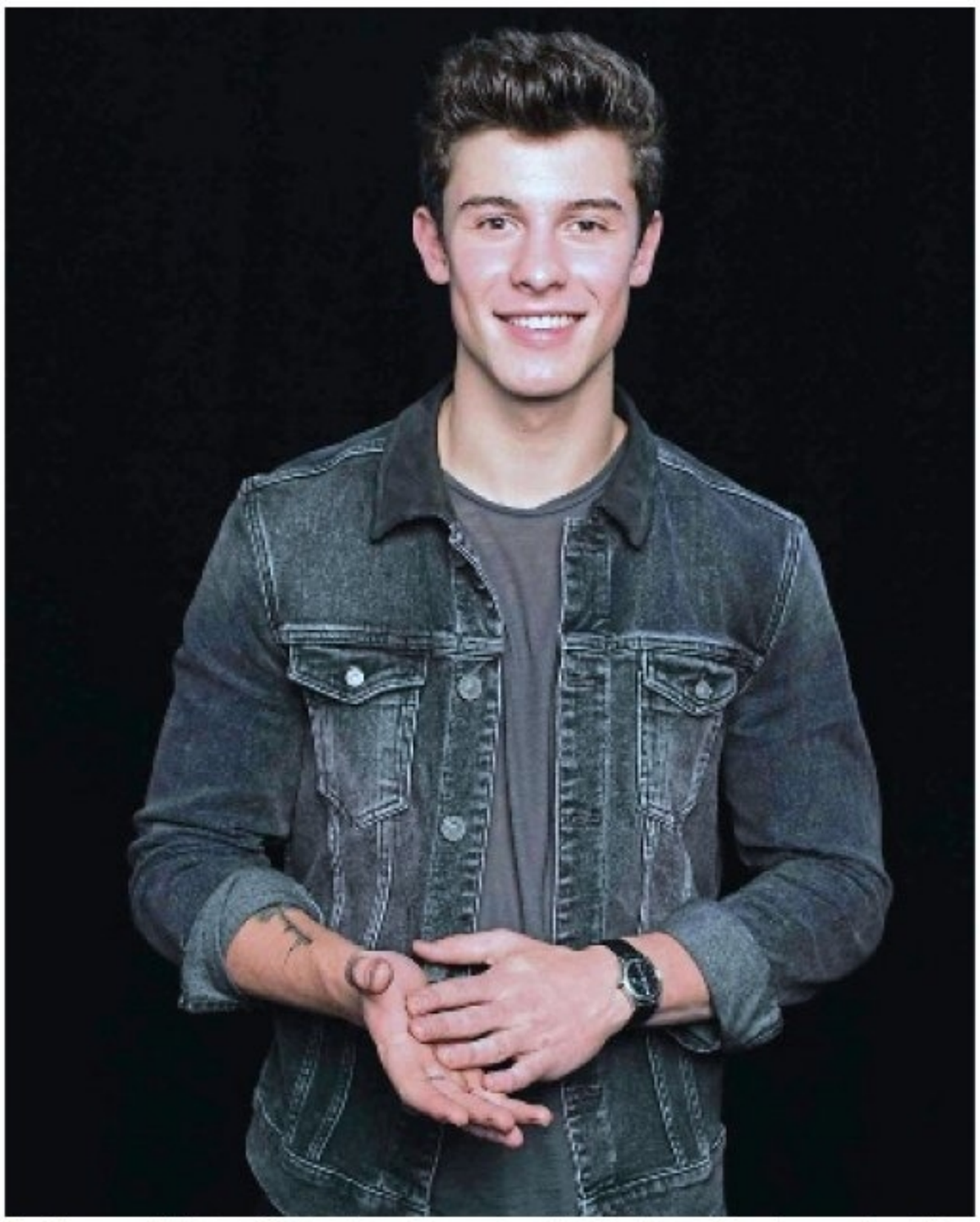
Mercy is one of the best representations of Shawn Mendes, the adult musician. His sophomore album, Illuminate, showcases a matured, meticulous 18-year-old guitar player and singer who knows how to emote perfectly on a song.

He recruited Jake Gosling, the producer behind many of Ed Sheeran's hits, to help craft the album, which ranges from rock to pop to blues. Mendes, Gosling, singer-songwriter Teddy Geiger and others travelled to upstate New York to record — living together, running in the morning and taking walks at night.

"The scene was just so right," said Mendes, who would record during breaks from touring. "It was gorgeous because we got to sit with the music, sit with the demos ... learn what we liked and learn what we didn't like."

Mendes co-wrote each of the 12 tracks, detailing some of his own personal life on the songs. The soft and pleasant Three Empty Words is about him staying in a relationship that ran its course. There are other songs, too, that strike with similar passion: Don't Be a Fool is a soulful rock classic; Lights On is a sweet rock song; and on the album opener, Ruin, Mendes sings with a commanding tone: "And I'm not trying to ruin your happiness/But darling, don't you know that I'm the only one for ya."

He started writing some of the songs the day after his full-length debut, Handwritten, was released last year. That album and his 2014 debut EP helped him establish a feverish female fan base and launched hits like Stitches after he broke through by singing cover songs on the social platform Vine at age 15.



The 18-year-old's latest offering showcases a matured, meticulous guitar player and vocalist.
SCOTT GRIES/THE ASSOCIATED PRESS

> **The first thing when I met him ... I was really surprised by Sean's maturity to be honest with you. He's like a wise, old man.**
> Jake Gosling, Producer

But, until now, he was boxed in the category of the teen pop performer.

"I think it's very easy because of him being — well now it's just turned 18 — for people to sort of think of him (as a) pop star than rather a true artist," Gosling said. "The first thing when I met him ... I was really surprised by Shawn's maturity to be honest with you. He's like a wise, old man."

Even Mendes is noticing how people have begun to take him more seriously with his latest release: "Within one day, within a few hours, I feel like everything has changed. Like a switch was just turned.

"And the thing is when I first started performing live I mean, I could do it, I wasn't that impressive, but I worked so hard at the two most important things in my career ... songwriting and performing," he added.

Illuminate, released last month, debuted at No. 1 on the Billboard charts and its first single, Treat You Better, is a Top 10 hit; Mendes topped Spotify's 25 Under 25 list, besting Justin Bieber, Ariana Grande and Chance the Rapper; and he's honed his skills after touring with Taylor Swift and Sheeran, and has even become friends with one of his biggest inspirations: John Mayer. "He's a really great guy and helps with a lot of things I struggle with."

And in just a few years Mendes has sold out Madison Square Garden, where he said he converted some of his young followers' parents into fans last month.

"I thought it was going to be the worst show Madison Square Garden ever saw (but) it was the best show of my entire life," he said. "I'm so proud of myself and I don't mean proud of myself in a conceited way. I truly worked really hard to get there and to make a great show."

THE ASSOCIATED PRESS

Woods at home on the country road

RECORDS

Down-to-earth Sarnia artist has landed his dream job

Donovan Woods is gaining momentum on the country music scene, and he's pleased to see his audience broadening towards bigger shows in unlikely directions. CONTRIBUTED

Donovan Woods is a low-key dude from Sarnia with a self-deprecating sense of humour, an unfussy demeanour perhaps best described as "rumpled everyman" and not a shred of the "hustler" about him.

So watching him gradually weasel his way into Nashville's inner songwriting circle over the past few years has been a proper delight.

Of course, Woods must be able to hustle when he has to, or he wouldn't have made it this far.

But his is an honest, incremental success story based purely on the strength of his work. He makes records that have dug their hooks deeply into the people who have heard them and then passed them on to friends up the chain until decision-makers at the top wound up paying attention.

After four quiet, intimately universal indie albums released to ever-widening acclaim at home in Canada — including this year's Polaris Music Prize long-listed Hard Settle, Ain't Troubled— Woods finally made concrete hay of some tentative first forays into the Nashville songwriting scene.

Tim McGraw included the aching "Portland, Maine on his 2014 album, Sundown Heaven Town, for instance — by signing a deal with Warner-Chappell Publishing Nashville in May.

That's a rare feat for a Canadian in a music city historically distrustful of interlopers; Warner-Chappell has signed nine to date, as far as Woods knows, "and one of them was Shania Twain."

Now he goes to work in a building that proudly displays photos of the publishing behemoth's many esteemed employees over the years, from Willie Nelson to Kacey Musgraves.

"I feel like I've weaseled my way into everything. I feel like I snuck my way into being an actual Canadian artist," Woods concedes humbly over a pint on Bloor Street. in advance of his Friday date for Massey Hall Presents series at Trinity-St. Paul's church.

"But yeah, it's a job. It's f--in' rad. The connections are huge. I can write with whoever I want to.

"This tour will likely break even, but that's totally fine. It's great. This just pays me to write. It's the job I literally dreamed about. And nobody bugs me when I'm there. Nobody even talks to me. I have a room that I can book, I have a parking space in the building. But nobody calls me or bugs me. They're just, like, 'I'm sure he's writing songs' or whatever. It's the dreamiest," he explains.

Granted, some of Woods' sessions involve toiling away over a song while some hotsy-totsy "buzz" act looking for a 25-percent co-writing cut to satisfy the label plucks away disinterestedly at a laptop in the corner. But that's what pays the bills, and Woods is suddenly able to record and to tour under his own name far more than he was formerly able.

As the title of his 2013 LP put it, Don't Get Too Grand.

"I just look at the calendar and see who I'm writing with and I go there and I write, like, five songs a week and that's it, really," he says.

"I try not to be too precious about it. I feel like the recipe for disaster is to feel like a song is really good and you'll never write another good song. I feel like you should be able to say: 'Sure, take it. Bye.' And then there'll be another song and another song. I'm constantly guarding against that."

Woods just followed up Hard Settle, Ain't Troubled — a painful but poised breakup album whose songs "aren't all stories about me," the recent divorcee contends, "although a lot of them are" — with a marginally more "lighthearted" (his word), instrumentally fleshier EP titled They Are Going Away that confidently continues to move away from the cloistered Paul Simon-meets-Elliott Smith acoustic intimacy of his earlier output. TORSTAR NEWS SERVICE

Lady Gaga's new album Joanne is a more personal album and was made with the help of producer Mark Ronson. THE ASSOCIATED PRESS

Lady Gaga strips down with new album Joanne

INTERVIEW

Singer's vocals star in country influenced record

It's 1:30 a.m. on Tuesday and Lady Gaga is on the brink of tears. The pop star's new album has been out for 90 minutes and she just celebrated by wrapping up two performances: first inside the New York City bar she used to sing as an unsigned teenager, and then on top of the venue for all of her feverish fans screaming loudly outside.

A lot has happened to get to this moment: She dealt with the constant reminder of 2013's ARTPOP not matching the success of her previous albums; she parted ways with her manager; and she announced she and her fiance, actor Taylor Kinney, were taking a break.

But since ARTPOP, she picked up her sixth Grammy for her jazz album with Tony Bennett; performed at the Oscars — twice — and earned a nomination for an original song; won a Golden Globe this year for her role in American Horror Story; and drew raves for her national anthem performance at this year's Super Bowl.

Sitting inside her trailer parked outside The Bitter End, Gaga is teary-eyed as she discusses the new sound she delivers on Joanne, a rock-pop-country adventure that's a departure from the dance-flavoured electronic sound that made her a multiplatinum juggernaut.

"Yeah. I mean, I've changed a lot. I've healed a lot. I've healed a lot," she said, pausing. "Period."

"But I " — she paused again — "I feel like it would be so strange to hear my music, or hear anyone's music really, and not hear the change. I change a lot and that's just who I am. And I'm just going to keep (expletive) being that way, you know.

"The happiest that I am is when I'm just really truly being myself and I've always said that to my fans and guess what, they help me make that real," she said.

Joanne, released Friday, embarks on new territory as Gaga's voice takes the centre stage. "There's no Auto-Tune on any of my vocals. Not one," she said.

She started writing new material two years ago, and then at this year's Super Bowl she gave Mark Ronson a demo of some songs (he performed Uptown Funk there with Bruno Mars).

"He said to me, 'I know you can write great songs,' (but) he said, '...What do you HAVE to write about? That's what I want you to write,"' she recalled.

The result is more emotional tracks compared to past hits, ranging in topics from her love life to her friend's battle with cancer (the bonus track Grigio Girls) to her aunt Joanne, who died from lupus before Gaga was born (Joanne is also Gaga's middle name). The closing track, Angel Down, is about Trayvon Martin.

This album is about being tough
Lady Gaga

"It was really hard," she said of writing personal songs. "But it was the best thing I ever did going there, because once you go there, you can't get darker than there 'cause you just got to look inside and whatever it is it is, and then you pick yourself up and keep going."

Sinner's Prayer sounds like it could be played in a Western with lyrics like, "Hear my sinner's prayer/I am what I am/And I don't wanna break the heart of any other man but you."

Other songs have lyrics that could be about Gaga's own relationship: Million Reasons is about a failing relationship, and on the first single, Perfect Illusion, she sings: "I still feel the blow/But at least now I know/It wasn't love, it wasn't love/It was a perfect illusion."

"This album is about being tough," she said.

"My dad was tough, he lost his sister out of nowhere, you know. My grandma lost her daughter out of nowhere. My other grandma, she raised herself. I come from a long line of tough family (members) and ... I wanted to write a record that reminded people that no matter what perfect illusion you have of me — right — that I'm probably a lot like you."

The album features some respected musicians helping Gaga round out her sound, including frequent collaborator RedOne, Josh Homme of Queen of the Stone Age, Beck, Florence Welch, Hillary Lindsey and Jeff Bhasker, who won producer of the year at this year's Grammys. Ronson led the team as executive producer and co-wrote each song alongside Gaga.

"I'm not Calvin Harris or some mastermind of dance music at all, but I think, I just kind of obviously guess that the reason she asked me to work on this record with her was because she was probably looking to do something that was a departure from what she's done," said Ronson, who has produced for Amy Winehouse, Mars and others.

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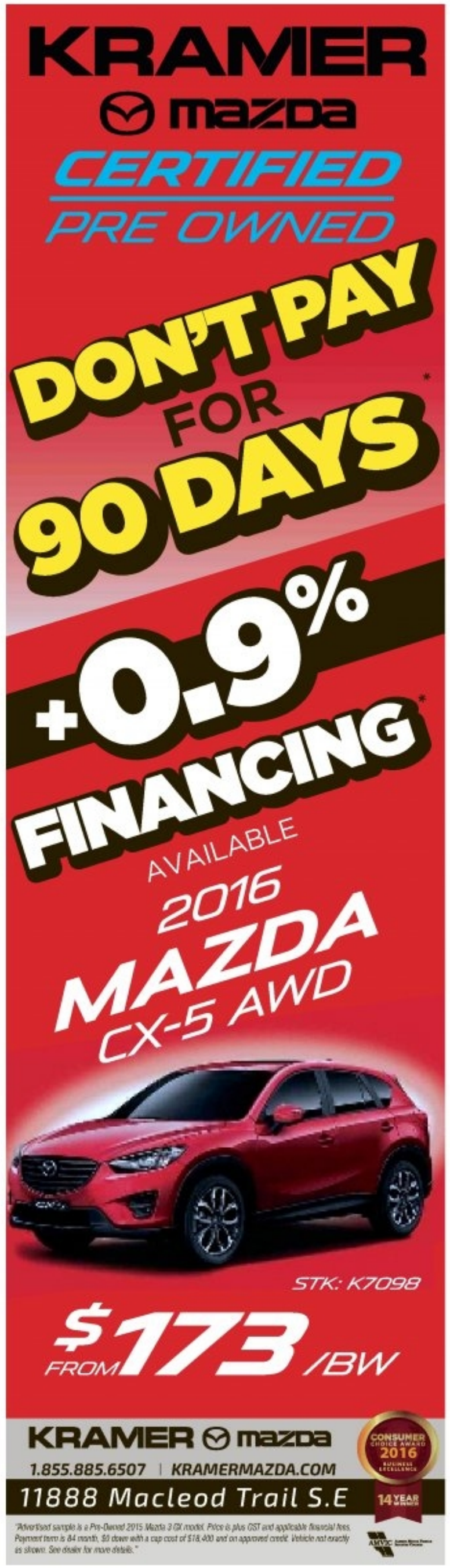

Midler returns to music roots

THE DIVINE MISS M

Award-winner is re-releasing deluxe version of debut album

Bette Midler is going back to the beginning of her career — the divine beginning.

The Grammy — and Emmy Award — winner is re-releasing a deluxe version of The Divine Miss M, her 1972 debut album that included the hits Do You Want To Dance, Chapel Of Love, Friends and Boogie Woogie Bugle Boy.

"They were the songs that launched me, really. They were the foundation on which I built my career," Midler said. "I'm always happy to sing them because they're friends. They're old friends."

Midler made a name for herself in the early 1970s singing high-energy concerts downtown with Barry Manilow as her pianist. In vintage clothing and with her bawdy personality, she breathed new life into old songs and made torch songs scalding.

"She was, and is, the most brilliant performer we have in my lifetime," Manilow said. "When it came to the music, her taste in songs and her choices were so odd — what was on the radio those days was nothing like what she wanted to do. Her taste was very much my taste."

Midler and Manilow put together a solid hour of music and one night lured Atlantic Records founder Ahmet Ertegun to a swanky midtown nightclub to hear it. "The audience was so crazy that at the end of the show they carried her out on their shoulders," Manilow recalled.

Midler soon signed with Atlantic and released The Divine Miss M based on her act. She won a best new artist Grammy in 1973 and went on to get two more, plus four Golden Globes and three Emmys. This spring she returns to Broadway in a revival of the musical Hello, Dolly!

She admitted to being a little shocked revisiting the platinum-selling album that made it all possible 44 years later: "It's just unbelievable the way that time passes. And yet I still look fabulous. What can I say?"

Midler was hands-on with the re-release by Rhino Records, including selecting the bonus disc of singles, outtakes and demos. There are five unreleased recordings, including Mr. Freedom And I, and an alternate version of Superstar.

She recalled that recording the album was stressful because co-producers Joel Dorn and Manilow didn't get along: "In those days, I was really caught between a rock and a hard place. I couldn't really stand up for myself."

Dorn, who had produced Roberta Flack, was the first to take a crack at it. He threw out Manilow's tried-and-true arrangements and started from scratch. When it was finished, Midler stopped by to play it for Manilow.

"She sounded beautiful and professional and boring," said Manilow. "She was never boring. That's the last word you would ever describe Bette Midler, especially in those days."

Manilow vowed to not let that album out and lobbied Ertegun to let him produce a handful of the songs his way. It was a bluff: He'd never produced an album.

Manilow tried to re-create a live vibe in the studio, inviting an audience and stringing some lights. "I wanted to get that wonderful personality on this record," he said. His tracks were melded with Dorn's for the final album.

"Over the years she has sounded much better on other albums. But this album was so special and so unique and so individual and the performances are so brilliant — they're funny and they're moving, just the way it should be," said Manilow.

The power and pizazz of The Divine Miss M was one reason Midler was asked by Blake Shelton to mentor his picks on The Voice this season. In a segment already taped, she advised them to take the stage with authority.

"They get really brilliant voices but they're very self-effacing people. They're not personality-driven. They don't come fully charged. That's a piece of the puzzle that they sometimes miss," Midler said. "The old school is to be able to do it all and to be a compelling presence on the stage."

Midler's next project will show off all those skills — Broadway's revival of Hello, Dolly! Demand for her is big — the box office took in $9 million the day tickets went on sale.

THE ASSOCIATED PRESS

"They were the songs that launched me, really. They were the foundation on which I built my career ... They're old friends.
Bette Midler

Bette Midler's revamp of the 1972 platinum-seller offers fans five unreleased recordings, including Mr. Freedom and I, and an alternate version of Superstar. DAN HALLMAN/THE ASSOCIATED PRESS

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Prince Edwards Island singer-songwriter Kinley Dowling has released a song about being raped after her high-school prom, saying she hopes it encourages others to share their own stories.
HANDOUT/THE CANADIAN PRESS

Singer calls out her rapist in new album

MUSIC

Kinley Dowling says her song is helping others speak out

A Maritime singer-songwriter has released a song about being raped after her high-school prom, saying she hopes it encourages others to share their own stories.

"It's a letter to the guy that raped me," Kinley Dowling of Prince Edward Island said of her new song, Microphone.

"He was a year older than me and I barely knew him at all and it really, really kind of ruined me for years. I've been trying to figure out how to deal with my emotions."

Dowling, who recently released her debut solo album Letters Never Sent under the moniker KINLEY, said writing about it has helped her work through those difficult emotions.

"People don't want to bring it up... because it's a really hard thing to talk about and you don't ever want to feel those feelings ever again," said Dowling, who has played violin for Newfoundland indie ensemble Hey Rosetta! for nine years.

"But you have to let them out to allow yourself to be able to get over it and move on with your life."

The song paints a picture of a boy taking the hand of a girl and leading her to a field, where she was sexually assaulted despite repeatedly saying no.

"You are a pirate in the night; You took something that was mine; How do you live your life thinking this is all right? And if you come to my show I think you should know; I'm gonna call you out for the rest of my life; You are smeared on my mind; I've got a microphone," Dowling sings.

She said she has already received many messages from people who say her song inspired them to open up about their own experiences for the first time

"It really boils my blood that people are getting away with sexual assault," the 33-year-old musician said.

"Everyone has a story and we shouldn't try to hide it. You should speak it so it can be stopped."

Dowling said she sent the song to her assailant in an email, saying: "It's been 15 years, but I haven't forgot. If you hear this song on the radio, it's about you."

She has not received a response.

The unnamed perpetrator is not the only recipient of a musical letter from Dowling. Each song on the album is a letter to someone, or something, different — not all as dark as Microphone.

Golden Days, for example, is a letter to her favourite place in Prince Edward Island: Lakeside Beach.

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Brian Tyree Henry on Atlanta buzz

TV

Actor portrays rising rap star on FX hit series

With dozens of TV shows that are available for viewing each night, it's not easy for a new series to cut through the noise and get attention.

FX's Atlanta, airing Tuesdays at 10 p.m. Eastern, has managed to do that, and not only with critical acclaim. It's also often posted about on social media.

"It's one of those shows that starts a conversation and the conversation is so open-ended because every week we're gonna bring you something different," said Brian Tyree Henry, who plays a rising rap star on the show.

"This is one of the most fulfilling things about being an actor because when it's something you really get to sink your teeth in that really reflects you and will reflect so many other people. ... It's what you hope for," he said in a recent interview with The Associated Press. Prior to Atlanta, Henry was best known as a member of the original Broadway cast of The Book of Mormon.

> **Every week we're gonna bring you something different.**
> Brian Tyree Henry

Henry and Donald Glover play cousins on Atlanta. Henry is an aspiring rapper named Alfred who goes by the moniker Paper Boi. Glover's character, Earn, is his manager. Glover also created the series, performs as a musician under the name Childish Gambino and was just cast in the new Star Wars movie as Lando Calrissian.

"He is a genius because there is this fearlessness to him and this wonder to him," Henry said of Glover. "You can tell every day that he walks the streets that he is contemplating and seeing the world in a certain way. ... I remember sitting down in the (screen) test and feeling like, 'I feel like I know this dude.'"

Brian Tyree Henry, left, as Alfred Miles, Keith Standfield, centre, as Darius, and Donald Glover, right, as Earnest Marks.
MATTHIAS CLAMER/FX

Henry said he's happy that Atlanta has been renewed for a second season.

"I always say I'm not going to work, I'm going to play with my friends. We're just gonna go play together and we're just gonna see what comes out of that."

Henry said he also enjoys the memes that fans of Atlanta make online.

"I laugh, I cry, I laugh again. I copy and paste stuff. The memes, the gifs. It's just so great." THE ASSOCIATED PRESS

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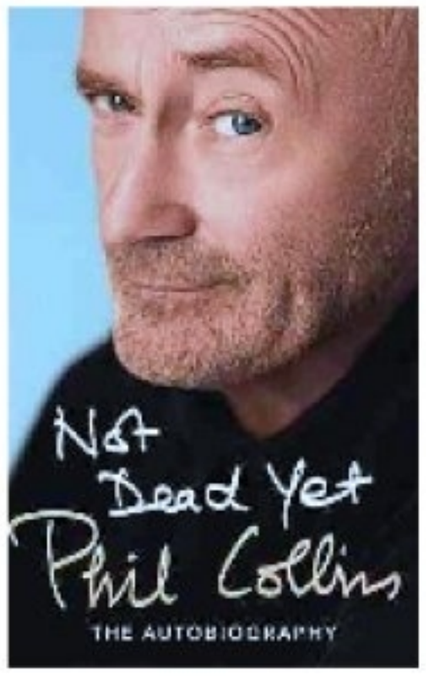
5 TIMES PHIL COLLINS' LIFE WAS SHAPED BY CANADA...



The British musician's travelled the world many times but his memoir reveals impact Canada had on his career. THE CANADIAN PRESS

1 Quebec helped Genesis break North America

"The French Canadians love us," Collins recalls in his book. "I think of them as the beatnik crowd, enthralled by our artiness." The singer says it was two shows in Quebec that helped Genesis gain the kind of fan support it needed to get attention in the United States.

2 Canadian border guards stripped Collins to his skivvies

After mistakenly forgetting a marijuana spliff in his wallet, the singer found himself in the crosshairs of security at the Peace Bridge in Niagara Falls. "As I stand there with my Y-fronts round my knees in the interrogation room, I have one thought: 'I'm not making it home for Christmas,"' he writes. Collins says Canadian customs officers were "among the toughest" for bands in the mid-1970s.

3 Vancouver marked the start of his married life

When Genesis rolled into British Columbia for their 1974 tour, the stop gave Collins an opportunity to reignite a relationship with Andrea Bertorelli, his childhood sweetheart. Her family had moved overseas when she was 18 and Collins hoped to seek her affection while in town. "She's ragingly sexy, which is why she was good at breaking hearts," Collins says. Love struck and the two married, leading to the birth of son Simon and Collins deciding to adopt Bertorelli's daughter Joely, who's now a Canadian actress and producer.

4 Collins sidelined Genesis to live in B.C.

With his marriage to Bertorelli on the rocks, Collins asked his bandmates for some time off to try to make amends. He moved to Canada's West Coast in January 1979, buying a home in the hopes of wooing back his wife. "None of it — the house-buying, the wife-wooing — makes any difference," he says. Four months later, he was back in the U.K. with an uncertain future.

5 He made his frontman debut in London, Ont.

Peter Gabriel's departure from Genesis unexpectedly pushed Collins into the spotlight. His first show as lead singer was in London, Ont., and Collins admits he was ill-prepared for the daunting task of delivering clever stage banter. Most of those ideas were frantically scribbled down on the ride from Toronto to the London arena, which he says resulted in some awkward moments on the stage. "I spend almost the entire show hiding behind the microphone stand," he says.

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McHale settles into cosier community

INTERVIEW

'It's all gravy,' says ex-Soup host of Indoor environment

Joel McHale isn't big on "bae," a fan of "fam," or onboard with "on fleek."

As the lead in the new sitcom The Great Indoors, which premiered Thursday on Global and CBS, the Emmy-nominated comedy star plays the supervisor of a team of millennial magazine journalists. As such, he says he doesn't have to be up on the latest slang of that generation.

"I'm the guy who's not supposed to know any of it and not understand any of it," said the 44-year-old.

"So that dynamic of my character being shoved into this world that he is unfamiliar with, and then you have Stephen Fry who is of another generation, I think that all together will make for hopefully a huge plate of carbonara pasta where you combine all these ingredients and hopefully it will work."

The 59-year-old Fry plays the founder of the adventure-geared Outdoor Limits magazine. McHale's character moves from the position of field reporter to supervisor when the publication becomes web-only.

Co-stars include Judd Apatow-favourite Christopher Mintz-Plasse, who plays the resident "tech nerd," Christine Ko as the social media expert and Shaun Brown as a "hipster-lumberjack."

The Great Indoors comes after McHale soared to fame on the satirical weekly pop-culture series The Soup and the sitcom Community, which both ended last year.

Rumours have swirled of a possible Community movie, and McHale says he's onboard — if the money comes together.

"We just need like $200 million — and if you have that, we need it," he said. "I think at one point Yahoo wanted to. I know there were rumblings about it. But then that all went away very quickly. The Yahoo streaming service disappeared. So who knows."

McHale said he was attracted to The Great Indoors because he'd been longing to do a four-camera sitcom and a workplace comedy.

"When they work, they become the American and the British Office or they become The Larry Sanders Show, or something like Mary Tyler Moore or Cheers," he said.

It also had the potential for an "endless" storyline — "a sandbox that we could play in for a long time" — unlike the other TV scripts he's read lately that seemed more like a movie with an end-point.

"You can have shows like The Nick that Steven Soderbergh directed. He was like, "I'm directing a nine-hour movie,'" said McHale.

"(TV) also is the place where, it's basically where you do independent films now, because they have the money and the flexibility to do it. But movie companies, it's becoming gigantic budget films and very small-budget films and not much in between. Although, I just did a Netflix movie and they had a $20 million budget, which is unheard of," added McHale, referring to A Futile and Stupid Gesture.

McHale said he feels "blessed" that he's on something that got on the air. While it's hard to make a successful series, he also looks to his family and world issues for perspective.

"I always say my older brother is an electrician and he spends the day trying not to electrocute himself while wiring buildings," said McHale. "And my little brother is an Episcopal priest who sits in hospitals and helps old people onto the next life.

"So we talk about, 'Oh, this was a difficult thing to shoot and this was a hard thing to do.' I'm like, 'Yeah, I guess. I'm not in a dinghy in the Mediterranean trying to start a new life for my family because I'm leaving my war-torn home.' So it's all relative.

"I'm being paid well to try to make people laugh, and so it's all gravy."

THE CANADIAN PRESS

Joel McHale is keen on a Community movie. GETTY IMAGES

BOOKS

Joel's page-turner is not a hair-raiser

When thinking of Joel McHale, some may immediately conjure images of the cult classic Community. Others may know him as the super-sarcastic host of The Soup.

In Thanks For the Money, McHale is quick to point out that how you know about him is irrelevant — as long as you admit his luscious locks are not a hairpiece. He invites readers to use his experience as a somewhat famous person to be the best household name they can be. He writes about how famous people diet and explains the task of choosing a celebrity feud that's right for you. McHale takes everyday scenarios and twists them into witty and relatable life lessons. The book is smart, honest and clever. THE ASSOCIATED PRESS

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Cranston relishes breaking it down

INTERVIEW

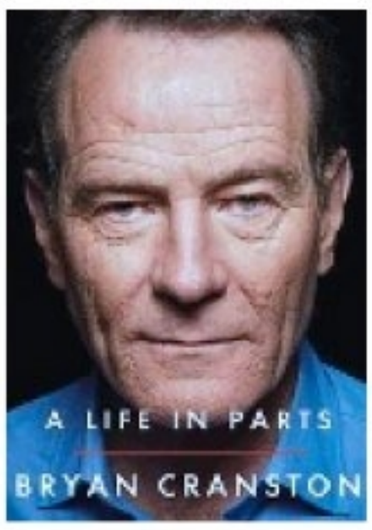
Actor's memoir confronts fears, reveals the DNA that drives him

Bryan Cranston seems so far apart from the murderous Walter White that one wonders how he was able to channel such darkness with Emmy-worthy ferocity in Breaking Bad.

But in his new memoir, A Life in Parts, Cranston details a real-life incident that helped him get in character: an unhinged ex-girlfriend who threatened his life and made him have violent thoughts about her.

"She threatened my life. She threatened to kill me and it was a constant thing and there were times when I thought I was going crazy," Cranston said of the woman (Later he married actress Robin Dearden and they've been together 27 years).

It's one of the more revelatory moments in the book, released earlier this month. The Emmy-winning, Oscar-nominated Cranston covers everything from his early childhood to his signature role on Breaking Bad to personal challenges. Cranston, 60, discussed some of those moments in a recent interview.



You write about wanting to kill your ex-girlfriend, what drove you to that?
I was flush with fear and I felt like a trapped animal and I realized that I was capable of killing someone. That experience helped me in developing Walter White in the transition that he made, because Walter had to come to terms with that himself. That he was actually a good guy, but transitioning into not such a good guy ... he was able to be honest with himself and say, "Yeah I could take another life," and that is a tough thing to say to the person in the mirror.

What made you want to write a book at this point of your career?
I am aware from an objective point that the wave, the tsunami wave that Breaking Bad created also created tremendous opportunity for me, and there is a peak and valley to careers and that includes fame. If you are lucky to ride this wave of fame to a plateau — it won't last there. I guess it is just a blue-collar work ethic that I was raised with.

In the book you talk about your dad being dissatisfied as an actor. Why follow in his footsteps?
It was in my DNA, and they were actors — my parents were both actors — so that was part of it. So really when you think about it in that sense, you're going into the family business, so it's very common. The turmoil that my dad went through, and then by extension, the kids went though, was profound and disastrous for the marriage, for the family.

In season two of Breaking Bad, Walter watches Jesse Pinkman's girlfriend die. Why did Jane's death affect you?
I had this transformative experience that is almost hallucinogenic that — that I saw the face of my real daughter, Taylor. Her face took the place of Krysten Ritter and it made me, uh, just you know, hesitate. And God it is funny — every time I retell this story or when I wrote that story in the book, there is an uneasiness in my chest 'cause I think it is my biggest fear. It is my biggest fear, something happening to a child, your child, is unfathomable.

How long do you plan on working?
When the sun is shining, make hay, because it would be sunset on my career at some point, and when it is, I want to be exhausted. I want to be done, and actually, go "I had a good run. No regrets. I'm ready to step aside." THE ASSOCIATED PRESS

> **The turmoil that my dad went through, and then by extension, the kids went through was profound and disastrous.**
> Bryan Cranston

Bryan Cranston says his blue-collar ethic drives him to make the most of success. CONTRIBUTED

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The science behind that 'gut feeling'

Warren Weeks says he trusted his 'gut feeling' to leave a six figure job to start his own business. TORSTAR NEWS SERVICE

PSYCHOLOGY

Researchers say intuition helps us make good decisions

In the early 2000s, Warren Weeks was rising up the ladder in the corporate communications world. After working a few different jobs at various agencies, he landed a role doing media relations for a big Canadian bank and crossed the coveted six-figure threshold for the first time.

"On paper, it was everything I'd ever wanted," Weeks says.

But Weeks had a nagging feeling: What he really wanted was to start his own business. "On some level there was this voice saying, 'You need to be doing this on your own," he recalls.

For around two years, Weeks weighed his options. Giving up a steady paycheck was anxiety-inducing, but the more Weeks appealed to logic, the louder his internal voice got. So, in 2003, he finally listened and quit his high-paying job to start the media training, speech writing, and crisis management business he still owns today. "Looking at the pros and cons, a rational person would've stayed at the bank," the Oakville resident says. "But there was this distinct voice saying, 'You're going to make it work and you'll be fine.'"

It's an experience many people can relate to — "gut feeling," some mystical internal energy guiding your decisions. In other words: Intuition. There's a scientific basis for it, and it's rooted in our own experiences and the subconscious decision-making happening behind-the-scenes. Going with your gut can lead you to make the right decision.

So what's happening in our bodies when we're using that seemingly-mystical force?

When you're faced with a decision, your whole brain goes to work. It acts as a "prediction machine," connecting different patterns and images with behavioural responses, says Jacob Hirsh, an assistant professor of organizational behaviour and human resource management at the University of Toronto Mississauga's Institute for Management and Innovation and the Joseph L. Rotman School of Management.

That comes in handy when you're bombarded with new information while trying to make a decision. Picture yourself renting an apartment or buying a house: You're evaluating the neighbourhood, the price, the floor plan. You're weighing a bunch of competing factors — while subconsciously exploring how you feel about the place.

In these situations, people often get a gut reaction: This place either feels like home, or it doesn't. "Where that feeling comes from is your expectations, your previous experiences, your best guess," says Hirsh.

As your brain's "best guess," intuition may also sharpen with age, because it's based on a lifetime of stored information about prior decisions and outcomes.

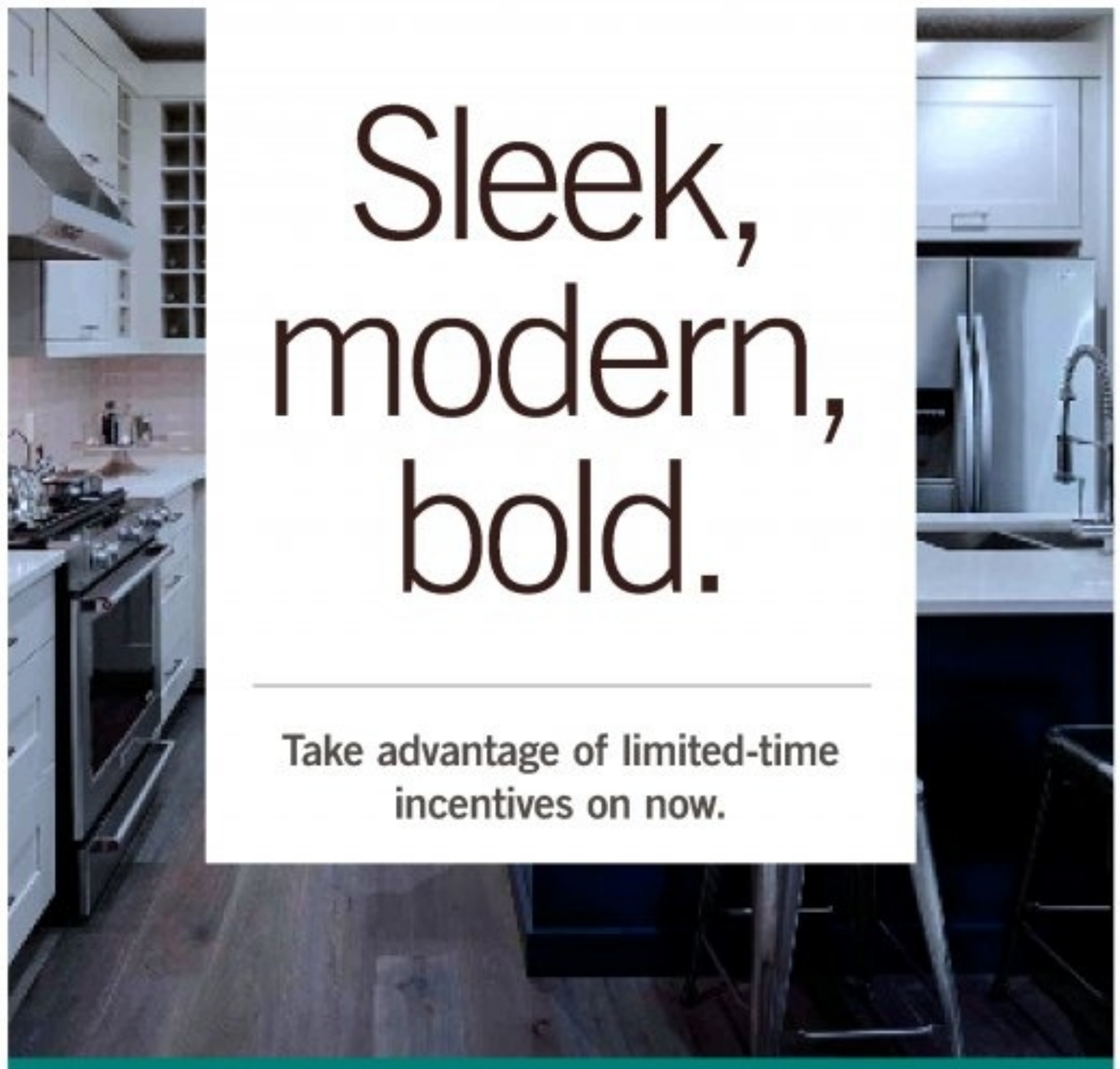
"One particular brain area, the basal ganglia, is a deep brain structure which stores the estimated value of different actions in different experiences," Hirsh notes.

But according to Julia Mossbridge, a visiting scholar at Northwestern University's psychology department, your whole body — not just your brain — is involved in the process. Your white blood cells, for instance, are experts on your immunity. Your gut is an expert on the microorganisms living inside your body. And, of course, your brain is an expert on the emotions around you. "All the parts of your body are constantly gathering information and learning about the environment and putting things together and, at some point, it comes into consciousness," Mossbridge explains.

On the flip side, psychology experts stress gut feelings aren't foolproof. "There's a dark side to intuition," says Hirsh. "It's not a silver bullet. We're not always right. It's only telling you how you feel based on past experiences." And those experiences can be faulty. If you were raised in an unstable home environment, maybe you developed a notion that people are unkind, and you'll make decisions based on a narrow world view, Hirsh says.

More dangerously, Mossbridge says relying on your brain's "fast system" — the unconscious mind — can lead to big trouble. Say you're attracted to a married co-worker, and your gut feeling is to kiss them at a holiday party. "Well, that's not going to work for you," says Mossbridge. In that instance, a pro-con list and some logical reflection might've come in handy.

TORSTAR NEWS SERVICE



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Darcy Miller's crafting drawers are filled with tiny containers holding everything from color-coded paperclips to washi tape — some of the items she reaches for most. THE ASSOCIATED PRESS

Her craft room is her inspiration board

ORGANIZATION

Decluttering a creative space brews ideas as you clean up

For crafters, de-cluttering and rethinking a creative workspace might reap benefits beyond just finding the right paintbrush more quickly.

For some, it can spark creativity.

"It's different for everyone, but it's super-psychological," says professional organizer Fay Wolf of Los Angeles. De-cluttering "creates space for the things you love and makes them ready to use at a moment's notice."

"People think structure is bad, but I think rules are great. They give you this framework so you have control," she says.

People think structure is bad, but I think rules are great. They give you this framework so you have control.

Fay Wolf, professional organizer

A few years ago, Wolf set up her piano keyboard in a spare closet at home, and found she began using it more. And writing music. And singing. Songwriting "became the primary creative thing in my life, and all because I set up the keyboard. I gave it its own place," says Wolf.

Wolf shares tips for getting rid of stuff, including art supplies from long-ago craft projects, in New Order: A Decluttering Handbook for Creative Folks (And Everyone Else) (Ballantine Books, 2016).

She sets up a staging area with labeled sorting bins, and warns against letting perfectionism prevent progress.

"What plagues many of us is the 'waiting for the perfect moment,'" which leads to doing nothing, Wolf says in her book. "Ditch the excuses and start with any amount of time."

Wolf recommends using a timer, which many cellphones have. Set it for 20 minutes; you'll be amazed what you can accomplish in that small amount of focused time, she says.

"You have to be OK taking small steps and knowing that's the only way to do it," she says.

She added that it might take five such sessions before a crafting room starts to change.

Darcy Miller, editor at large for Martha Stewart Weddings, maintains an impeccably organized crafts room in her New York City home — until she doesn't. Everything has its place: Pens are organized by type in glass jars on her worktable, and drawers are filled with tiny containers holding everything from colour-coded paperclips to washi tape. But when she's in the midst of a project, the room gets disheveled.

Editor Darcy Miller with her three daughters in their craft room, which is covered in wall-to-wall cork art. AP PHOTO

"If you could see what it looks like right now." Miller said recently, shortly after hosting a daughter's crafting birthday party.

Miller is the author of the new Celebrate Everything (HarperCollins).

Cleanup is easier because of her organizational system, which puts frequently used items in clear, lidded boxes close at hand, and messy, bulkier supplies in grey, lidded boxes tucked onto shelves.

Miller recommends using a bulletin board to pin inspirational images and quotes, and to organize projects and unrelated ephemera, such as concert tickets or children's school fliers.

Her entire craft room is her inspiration board: She used wall-to-wall cork, sold in rolls, on all of the walls.

Eddie Ross, style director for the shopping site ATGStores.com, recommends a standup tool chest or a tackle box for storing small tools and supplies.

He covers his work surface with inexpensive craft paper — torn off a roll — to keep his table protected from glues and glitter, and he keeps a hand vacuum cleaner nearby for quick cleanup.

Darci Meyers, a Boulder, Colorado, psychotherapist, says that letting go of knickknacks and art supplies can create space for "what's interesting and exciting in the present moment," Meyers said.

"The fewer things we have, the less responsibility we have toward them and the more freedom we have in our lives."

If you can't toss the magazine stack or the dried-out markers, Meyers asks: Do they make you happy? If not, let them go.

THE ASSOCIATED PRESS

metro TRAVEL
Your essential daily news

Minnesota city council says Prince's Paisley Park museum can open permanently

On the trail of ghosts in NY State

HALLOWEEN

Spooky spots reveal ghost hunting is just like fishing

Jennifer Bain
Torstar News Service

The Sylvan Beach Amusement Park is among the haunted haunts you can visit. SYLVAN BEACH AMUSEMENT PARK

Casper Cop chucks coins across the darkened Treasureland arcade at the Sylvan Beach Amusement Park and lets them ricochet on the ancient wooden floor.

"It's James. I've got a friend here who'd like to meet you. I've got recorders going. You gonna do something for us? We'd really love to meet you."

Casper Cop is private investigator James Pendell by profession and ghost hunter by passion. He has a seasonal gig leading the Park After Dark Ghost Tours.

"I've got a penny," Pendell says cajolingly to the darkness. "Will you throw it back to me? Where's my little girl?"

A prankster spirit child sometimes tosses the coins back or jingles them. She's one of the many ghosts said to roam this paranormal paradise in a vintage amusement park.

Pendell's tours start just as the park is closing and continue when he has the place to himself for several spooky hours, making for a "high freakout factor."

He has earned one of 65 spots on the Haunted History Trail of New York State, which launched three years ago and keeps adding places such as creepy inns, parks, theatres, museums, restaurants and cemeteries, offering ghost stories, tours and hunts.

Ghost hunters use Maglites (a type of flashlight), cameras, dowsing rods, video recorders, audio records, electronic voice phenomena recorders and other tools to communicate with the spirit world.

You don't have to be a true believer to be captivated by the haunted trail.

Fans of shows like Ghost Hunters, Ghost Adventures, Haunted Collector and Scariest Places on Earth are drawn to it. So are the merely "paranormal curious."

"Could you do something for us today?" Pendell pleads with his prankster spirit. "I've got a penny. Will you throw it back to me?"

Not tonight. We hunt in other dark, empty buildings, inviting the spirits to play knocking games, mess with salt and pepper shakers, and manipulate flashlights, but nobody wants to play.

"People say when I die I'm going to haunt this place, and I say I just might — the legend of Casper Cop." (Note: The park has just decided to put its ghost hunts on hold, so look for Pendell through his website.)

Ghost hunting is often likened to fishing. Sometimes the fish bite like mad and sometimes they don't, but fishing is so pleasurable it hardly matters.

I spent three days driving New York's haunted trail, visited 12 spots, met countless characters, such as Pendell, and embarked on five ghost hunts. Did I see, hear, feel or photograph a ghost? Not definitively.

At the Historic Palmyra Wm. Phelps General Store/Palmyra Museum, executive director Bonnie Hays tries to communicate with a girl named Holly who died in a fire with her mom and five siblings.

We sit in the parlour where Holly likes to hide under a table with a basket of toys, but she pretty much ignores our overtures. Eventually someone else seems to reach out via the Maglite we set out.

With these small flashlights, you rotate the heads until they illuminate, twist them back to the barely off position and put them on a flat surface. Ask yes or no questions and the spirits just might answer by flashing the lights.

At the Naples Hotel in the Finger Lakes, innkeeper Dominick Gallo also favours the Maglite approach.

"I know you're here. Could you please give us a sign? Turn on one of the flashlights. Please don't skunk me tonight." (Getting skunked is a fishing term for when you don't catch anything.)

Gallo instructs us to take pictures, especially in the corners of haunted guest rooms, and look at them later to see if we caught any orbs, figures or faces. We didn't. But the spirits do finally respond when we settle in Gallo's office.

"If you're a male spirit, can you please turn the flashlight on for me?" Gallo pleads.

Nothing.

"If you're a female spirit, please turn the flashlight on for me?"

Nothing.

"If this is the kids, can you please turn the flashlight on? Touch somebody? Give another sign you're here."

Nothing.

"Are you bothered? If we're bothering you, please turn the flashlight on."

The light flashes.

He interprets the subsequent erratic series of flashlight bursts as meaning two spirits, one strong and one weak, are taking turns communicating.

Jennifer Bain was hosted by the Haunted History Trail of New York State and its partners, none of which reviewed or approved this story.

IF YOU GO

The Haunted History Trail of New York State (hauntedhistorytrail.com) boasts 65 stops across 13 counties in New York state.

DESTINATIONS

Canada tops Lonely Planet's must-visits

Canada has been named Lonely Planet's destination of the year for 2017. Colombia and Finland were rated second and third respectively in Lonely Planet's Best in Travel 2017 guide, hitting bookstores Tuesday.

Reasons cited to visit Canada were next year's "elongated birthday party," with the country celebrating 150 years since Confederation, and a weak Canadian dollar pushing down prices, giving visitors "plenty of pocket money to spend on Canada's exciting fusion food and mysteriously underrated wine."

On Canada Day, the guide tells visitors to "expect 2017's parades, ceremonies and parties to be particularly memorable."

Lonely Planet says the top three regions to visit in 2017 are Choquequirao, Peru; Taranaki, New Zealand; and Azores, Portugal.

THE CANADIAN PRESS

Canada (1st), Colombia (2nd) and Finland (3rd) are Lonely Planet's top destinations for 2017. ISTOCK IMAGES

TRAVEL NOTES THE PAPAL APARTMENT, A PHOTOGRAPHY EXHIBIT AND A NEW QUR'AN DISPLAY

Vatican City vacancy

Now this is an open house: The Vatican is opening the private apartment at the Castel Gandolfo papal summer retreat to the public, giving visitors a rare look at the bed where Popes Pius XII and Paul VI died and where John Paul II recovered from the 1981 assassination attempt. Pope Francis has declined to use the unit, meaning that the 55-hectare (135-acre) estate in the Alban hills south of Rome is increasingly being opened to the public.

THE ASSOCIATED PRESS

Castel Gandolfo. GETTY IMAGES

Vancouver exhibit

The Vancouver Art Gallery is set to open what it says is the most comprehensive exhibition of work by the influential American photographer Walker Evans ever shown in Canada. Walker Evans: Depth of Field features more than 200 photos from the 1920s to the '70s. Many of them have become iconic, made in the U.S. during the Great Depression. The show runs from Oct. 29 to Jan. 22. Gallery director Kathleen Bartels said Evans' work holds "a special significance" in Vancouver.

THE CANADIAN PRESS

Walker Evans. THE CANADIAN PRESS

The Qur'an in D.C.

Two consecutive pages of this Qur'an will be on display during the show The Art of the Qur'an: Treasures from the Museum of Turkish and Islamic Arts,[ao] which opens Saturday at the Arthur M. Sackler Gallery. The sprawling pages, each measuring 5 feet by 7 feet, with rows of calligraphy standing 8 to 9 inches high, date from about 1400. Curator Massumeh Farhad says these pages reference the feared nomadic conqueror, Timur, who ruled a huge empire based in central Asia.

THE ASSOCIATED PRESS

Sackler gallery. GETTY IMAGES

Saint Catherine's Day is still sweet

MONTREAL

Holiday is less popular but toffee pulling keeps tugging

Dressed in 17th century clothing, Maude Laferriere poses at Maison Saint-Gabriel in Montreal. For generations of Quebec children, Saint Catherine's Day was the sweetest of the year — marked by community gatherings and turning gooey molasses into pulled taffy. THE CANADIAN PRESS/GRAHAM HUGHES

For generations of Quebec children, Saint Catherine's Day was the sweetest of the year — marked by community gatherings and turning gooey molasses into pulled taffy.

With the Roman Catholic Church's gradual decline, however, the celebrations meant to honour Catherine, considered the patron saint of girls and unmarried women, have also cooled off.

But while most elementary school children no longer get to spend an afternoon pulling warm buttery taffy into golden strands, some Quebecers are keeping the Nov. 25 holiday alive.

"At one time it was as big as Halloween," says Madeleine Juneau, general manager at Maison Saint-Gabriel, a Montreal history museum that hosts festivities to celebrate the occasion.

In previous decades, schools would mark the day with a party with taffy pulls and hat-making contests.

The night before, townspeople would get together for food, music and dancing.

Women who reached the age of 25 without being married were designated "old maids" or "Catherinettes" and had to wear an outlandish bonnet as they were teased about their inability to find a husband. Juneau says the festivities were also a chance for young women to attract husbands by offering them candy to showcase their culinary skills.

> **At one time it was as big as Halloween.**
> Madeleine Juneau, general manager, Maison Saint-Gabriel

"It's an extraordinary holiday, and we want people to relive it," she said.

On Nov. 20, their Saint Catherine's Day festivities will include traditional music, storytellers, and taffy-making demonstrations by women dressed as Kings Wards - young French women recruited to move to New France to serve as potential brides for settlers.

The namesake of the day is Catherine of Alexandria, who, according to legend, was beheaded in the early fourth century for refusing to marry a Roman emperor.

But Quebec's candy-making tradition is traced to Marguerite Bourgeoys, a nun and educator who used to make taffy to entice her young students to come to the school she founded in 1658.

The Maison Saint-Gabriel, a 300-year-old farmhouse once purchased by Bourgeoys, has committed to keeping the tradition alive as part of its mission to educate visitors on life in Quebec in the 17th to 19th centuries.

Although public celebrations have largely fallen by the wayside, the tradition lives on in some Quebec kitchens.

In the east of the province, a group of 40 women — and a few men — from Sayabec are preparing to boil, pull and cut 25,000 pieces of the candy using the traditional recipe of molasses, sugar, corn syrup, butter and baking soda.

Marielle Roy, the president of the women's group who organizes the event, said she, like most others, first learned the technique from her mother.

Now, she says, the group does it as a fundraiser and for the pleasure of carrying on a tradition.

"November, it seems like a sad month, so to get together as a group of women does us good," she said. "It warms the heart."

The annual event, which includes a community bingo night, is included on the Quebec culture minister's list of "intangible cultural heritage."

Because so few people are carrying on the day's tradition, Juneau says she gives out the recipe to Maison Saint-Gabriel visitors.

She explains how the candy is made in the hopes they'll try it at home with their kids.

"This is something that will be lost if we don't pass on the knowledge,"

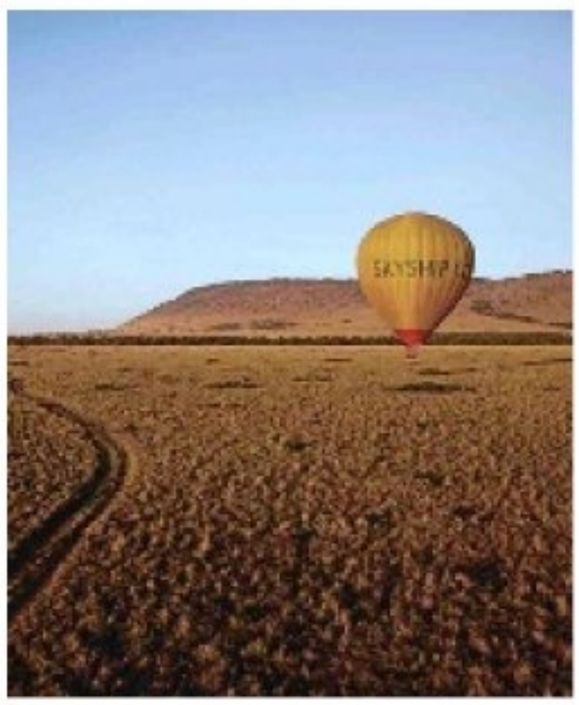
THE CANADIAN PRESS

3 REASONS TO VISIT THE MAASAI MARA

With multiple parks in Kenya ideal for a safari, the Maasai Mara National Game Reserve is by far the most famous, and for good reason. Sharing a border with Tanzania, it covers over 1500 square kilometers and there is much to explore. **LANCE MCMILLAN/FOR METRO**

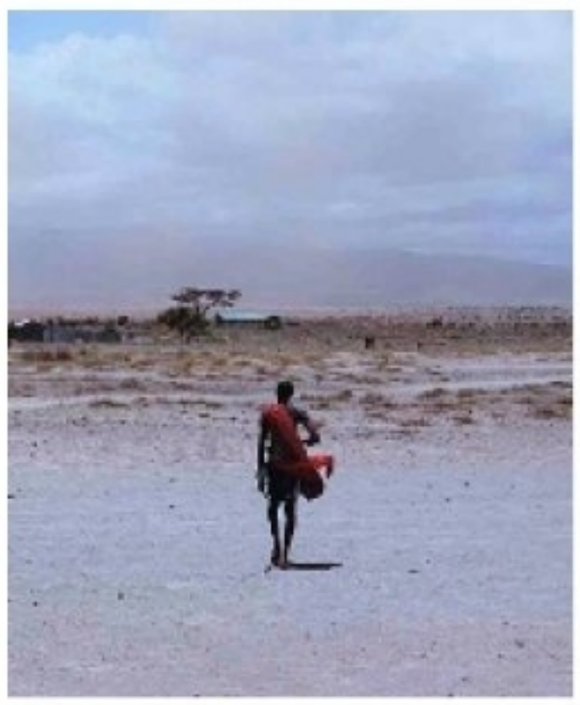
1 Game drives

First and foremost, there is a plethora of wildlife to be seen. In addition to what is known as the Big Five — a group of animals including the African elephant, African leopard, rhino, Cape buffalo, and African lion, there are so many other animals worth seeking out and this is the place for it.



2 Hot air balloon

Not only is this ideal for observing wildlife from above, but you get an incredible view of the expansive landscape that makes up this amazing place. And if you've never been on a hot air balloon, it's a great experience in and of itself. This is typically followed by a champagne breakfast out in the middle of the Mara — wherever the hot air balloon may happen to land. This also allows you to traverse areas you may not be able to get to on a game drive.



3 The Maasai

If you need a break from wildlife viewing, a visit to a Maasai tribe, the ethnic group for which the Maasai Mara is partly named, is a must. Villages are located throughout southern Kenya, as well as in northern Tanzania, and many openly welcome visitors — you may likely be greeted upon your arrival with a jumping ceremony.

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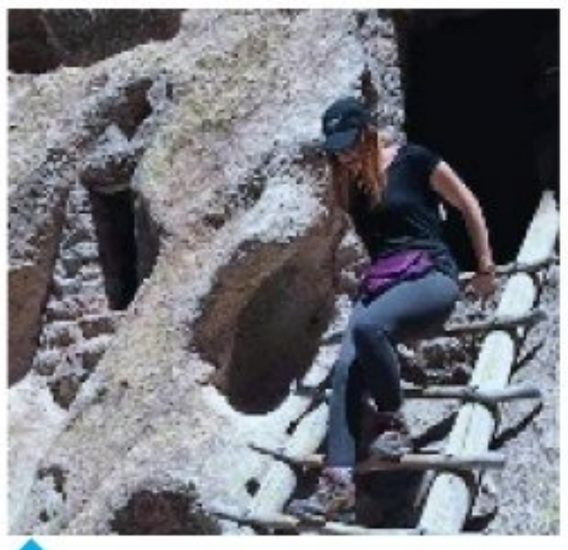
7 AMAZING THINGS TO SEE AND DO IN SANTA FE

It's hard not to feel enriched by a visit to Santa Fe. You soak up art and native culture pretty much everywhere you go, from your hotel to hiking trails and even while sipping chocolate elixirs. Consider these seven spots: TORSTAR NEWS SERVICES

1 Kakawa Chocolate House

If you like chocolate, you must stop by Kakawa to experience the drinking chocolate elixirs. Kakawa offers a wide selection of elixirs that trace the history of chocolate from pre-Columbian to contemporary times. Try the chili chocolate (does have a kick) and the Marie Antoinette (tastes like Europe) before settling down with a little cup of American, Kakawa's bestselling elixir that's created with some of the world's best dark chocolate.



2 Bandelier National Monument

Head out of Santa Fe for a day to hike through Bandelier and see the original condos, multistoried stone homes that date back to the 1200s. Pueblo people would farm corn, beans and squash in the summer and move into their homes in the cliffs in the winter. You can climb up wooden ladders to take a peek inside the cave dwellings and then spend the day hiking one of many trails in the area.

3 IAIA Museum of Contemporary Native Arts

As well as a beautiful hilltop campus with an outstanding collection of native art, the Institute of American Indian Arts (IAIA) has a downtown museum that is well worth a visit. It exhibits and interprets "the most progressive work" of contemporary native artists. For example, an engaging parade of beetles by Eliza Naranjo Morse that's painted along a hallway.

4 La Fonda on the Plaza

The hotel sits on the site of Santa Fe's first inn, which was up and running back in the 1600s. In the 1900s, La Fonda was a popular spot for trappers and gamblers. The current building, from 1922, is full of art and history. For many decades La Fonda was a "Harvey House," a hotel with high standards, fine dining and "Harvey Girls," well-trained waitresses meant to bring civility to the Wild West.

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5 Allan Houser Sculpture Garden

Book a tour and spend a few hours wandering through the sculpture garden about half an hour's drive south of Santa Fe to learn about Allan Houser, who is considered one of the most important American artists of the 20th century. The native artist created hundreds of magnificent bronze sculptures over his lifetime. The gardens include dozens of his pieces from the last 20 years of his life.

6 Hilton Buffalo Thunder Resort and Casino

The hotel, just north of Santa Fe on the Pueblo of Pojoaque, is Pueblo-owned and operated. As well as the casino, great dining and a poolside patio, you can wander around the hotel to see art from native artists from New Mexico. You can also splash around the pool, enjoying the company of kids and their families from nearby communities.

7 Rosewood Inn of the Anasazi

Just around the corner from the artisans displaying their wares at the Palace of the Governors, Rosewood Inn of the Anasazi boasts a luxurious experience for guests, including a wonderful restaurant and gorgeous design that incorporates Santa Fe's native, Hispanic and Anglo influences. Throughout the hotel, you'll find paintings, carvings, handcrafted textiles and other pieces from the Anasazi's art collection.

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Don't let your office cause more pain than productivity

Research has shown that sitting at work accounts for one-third to one-half of sitting time.

Sitting at your desk, in meetings and in your car are common for most people but unfortunately, sitting for prolonged periods can cause back, neck and shoulder pain, according to Edmonton area chiropractor Dr. Brian Gushaty.

"Most people think you're more likely to injure yourself during activities like golfing or gardening, but sitting for extended periods of time while at work can produce chronic pain and can limit range of motion for many people," he explains.

However, there are ways to ensure that your office job doesn't cause more pain that productivity.

"It may seem simplistic, but even getting up and stretching every hour or so can go a long way in preventing pain. Sitting in the exact same position for long periods of time can cause muscles to stiffen," Dr. Gushaty explains.

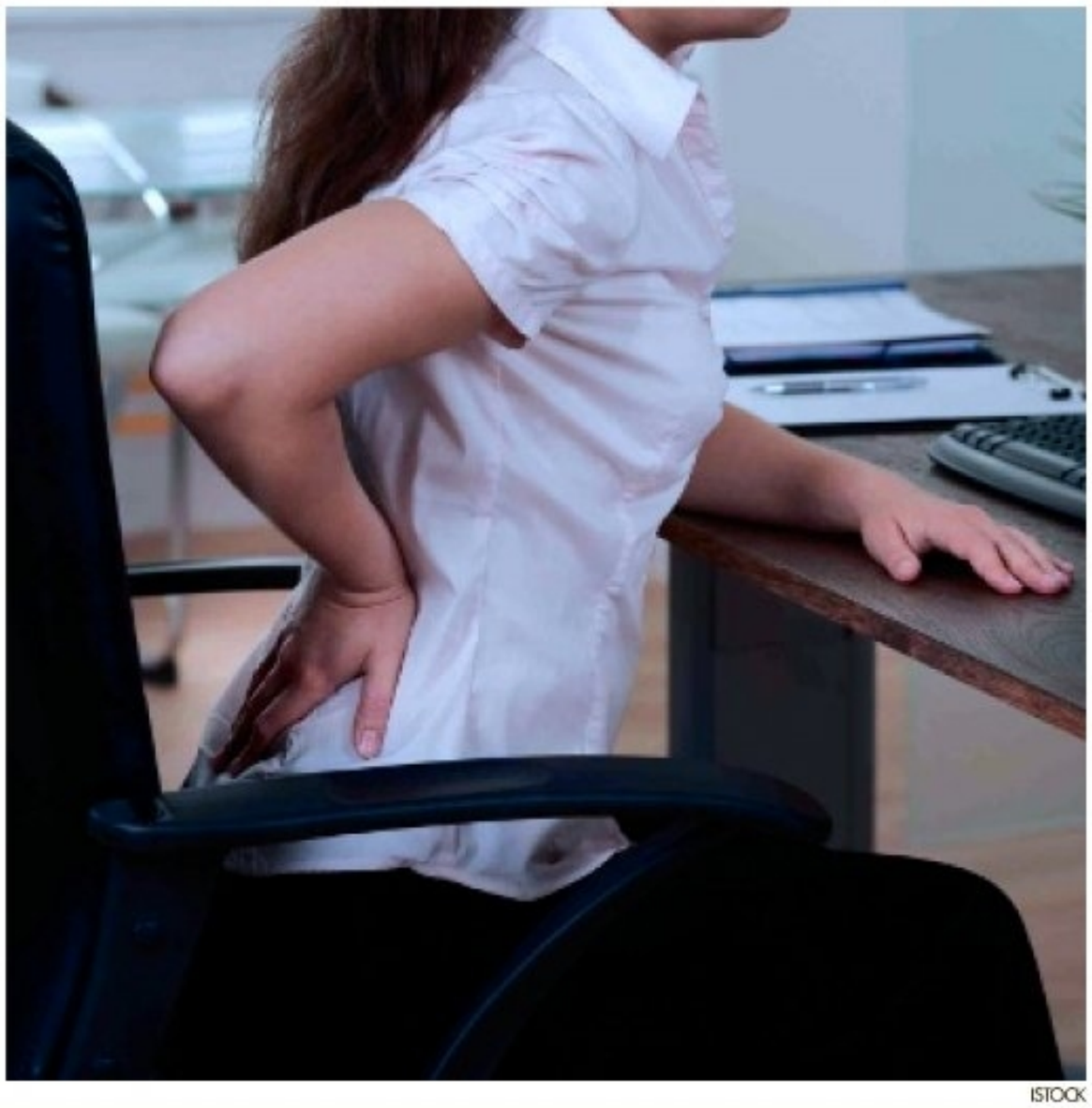
Another one of most important ways to combat pain from sitting for prolonged periods of time is to focus on correct posture.

"It's critical to always try to sit upright with your shoulders down and back all the way to the back of the seat. The back of your pelvis should be against the back of the chair for support. Keep your body weight distributed to both of your feet evenly and try not to cross your legs."

Sometimes it's the desk or chair that needs to be focused on, he adds.

"Your chair can be a big factor in whether or not you experience pain. You should always try to have your chair under your desk as far as you can to prevent slouching forward and ensure the chair is correct height."

A chiropractor is trained to help you understand how you can prevent and alleviate pain with prolonged sitting and are experts in the diagnosis and treatment of conditions of the musculoskeletal system. Your chiropractor will first assess your current condition or the source of your problem and then develop a treatment plan for you to help ease your pain.



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Better Sleep, Better Life

CONTRIBUTED

One in four Canadian adults are at high risk for having obstructive sleep apnea. If left untreated, sleep apnea can result in a number of health problems, including high blood pressure, stroke, heart failure, diabetes, and more.

Many people with OSA snore, but not everyone who snores has OSA. Snoring can lead to un-refreshing sleep which translates into poor daytime function (tiredness and sleepiness). About one-half of people who snore loudly have obstructive sleep apnea.

The Snore Centre's moto is Better Sleep, Better Life. Their first priority is that you receive the proper therapy, regardless of whether that is an Oral Appliance, CPAP, or other solutions.

The Snore Centre focuses in Oral Appliance Therapy (OAT) for treatment of OSA and snoring, a mouth piece device custom made by dentists to the specific shape of the patient's teeth and mouth. Often an oral appliance is a preferred treatment over other forms of therapy. It is considered the least invasive, is portable and small, and is both more comfortable and attractive to bed partners than the CPAP mask.

The Snore Centre offers a free consultation. The consultation allows the experts to understand more about your sleep conditions. In most cases, a level III overnight home sleep test will be recommended.

The Snore Centre has two Calgary locations with one in Quarry Park led by Dr. Nikola Vranjes and the Beacon Heights location led by Dr. Jagatjit Dhillon.

EVO LENS IS NOW APPROVED AS AN ALTERNATIVE TO LASIK

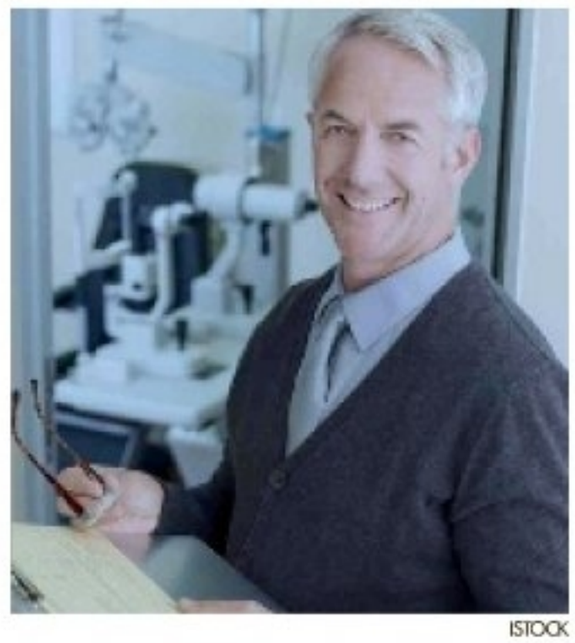
There is now a new, minimally invasive alternative to LASIK eye surgery available at the Gimbel Eye Centre.

The EVO lens is now approved for surgery in Canada, and Calgary's Gimbel Eye Centre is one of the first to be providing this unique new option, according to Gimbel Eye Centre chief operating officer Gregg Becker.

"This is great news for patients who want to enjoy the benefits of vision correction without the concerns that more traditional laser surgery can sometimes carry," he says. "This procedure does not remove any tissue, is fully removable, and is a fast procedure to not only perform but also heal from. The procedure does not induce dry eye syndrome and allows for excellent night vision." The new EVO lens has already been used in over 500,000 surgeries worldwide.

Patients between the ages of 18 to 45 are often perfect candidates for the EVO lens, Becker adds.

"We have many clients who have been waiting for the lens to be approved for use in Canada. Many have wanted to get rid of their glasses for years, but weren't comfortable with having their cornea surgically altered."



ISTOCK

The EVO lens is a great natural complement for eyes because no tissue is removed. This process is especially beneficial for patients whose thin cornea or high prescriptions may not have allowed them to be a good candidate for traditional laser procedures.

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Over **1 in 4 Canadians** (26%) are at risk for having OSA

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HOW TO HIRE THE RIGHT RENOVATOR

A renovation may be the biggest investment you'll make in your home, and hiring the right professional makes all the difference, according to the Calgary Home Builders Association-Urban Development Institute Calgary Region (CHBA-UDI).

Whether your renovation is big or small, it's going to make a big difference to your home's resale value and your quality of life. The CHBA-UDI encourages people who are renovating their homes to do it right the first time and hire a professional.

Here are six pointers for hiring a professional renovator:

CONTRIBUTED

Consider hiring a RenoMark™ renovator
RenoMark renovators adhere to a code of conduct that outlines home renovations best practices. The RenoMark program operates across Canada in more than 40 communities and is endorsed by several home builders' associations, including the Canadian Home Builders' Association (CHBA). Members are transparent, offering fair and honest quotes and reliable start and finish dates.

Look for certification
Make sure your renovator is professionally certified. When they're committed to their industry and to their businesses, they'll become part of the RenoMark program and pay annual dues to stay informed on the latest changes in building codes, municipal requirements and health and safety regulations.

Request a written contract and a business licence number
Your renovator should have a professional business licence. If they don't have one, they may not be paying their taxes, and may not provide written contracts. That puts you at risk. A contractor committed to professionalism will also offer you warranty coverage in writing.

Ask for references
Your potential renovator should provide you with a written list of referrals so you can check them out before you hire them.

Inquire about their insurance coverage
Your renovator should ensure they have all the necessary approvals, permits and insurance. They should also make sure all subcontractors have Workers Compensation Board coverage.

Ask if they have a code of conduct
A code of conduct is a major mark of professionalism. RenoMark members comply with CHBA – UDI Calgary Region's general code of ethics and a renovation-specific code of conduct. Members believe in treating not only their clients appropriately, but also deal fairly with subcontractors and employees.

Look for a RenoMark member in your area by visiting renomark.ca.

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Calgary Region

CHOOSING THE RIGHT CARPET

When you're living in a smaller space, carpets can add an extra layer of comfort without the need for finicky décor.

"Carpeting in a condo can add a luxurious feeling under your feet, but you need to make sure you're maintaining it properly," says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

When you're living in a small space, keeping your carpets clean and cared for makes a big difference, she says.

"We advise that you steam clean your carpets every year, then make sure you reapply stain protection, to keep them at their best," Sangster says.

The Calgary Flooring Designs gallery carries a dizzying array of carpets in many different styles, colours, weaves and materials, including nylon, wool and polyester by Dreamweaver, Mohawk and many other companies.

Ordering your carpet through Calgary Flooring Designs will ensure it's delivered fast and installed professionally.

Co-owner Charles Sangster has been installing flooring for more than 35 years, and he specializes in carpet installation. Most carpet you'll get from Calgary Flooring Designs will be installed within two weeks of purchase.

ISTOCK

"We'll oversee your installation to make sure it's done perfectly," says Sangster. "Our ultimate goal is to make sure our customers are happy with their flooring for years to come."

Browse the huge selection of carpeting at the Calgary Flooring Designs gallery, located at 105G 58 Ave SE in Calgary.

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CABINET SOLUTIONS

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Dream kitchens become affordable in Calgary

Remodeling your kitchen just got much more affordable, thanks to a new offering by a local Calgary cabinet company.

Cabinet Solutions is offering a Kitchen Package for only $9,000 that includes quality cabinetry, granite countertops and appliances — refrigerator, range, dishwasher and microwave hood fan — from Trail Appliances. Buyers can choose from four cabinet styles, some that reduce the package price and others available as an upgrade.

"Redoing your kitchen can be way less expensive than you think," says Carl Russell, general manager of Cabinet Solutions. "We're allowing our buyers to complete a renovation they might otherwise have put off. We want to offer customers excellent value in this uncertain economic landscape."

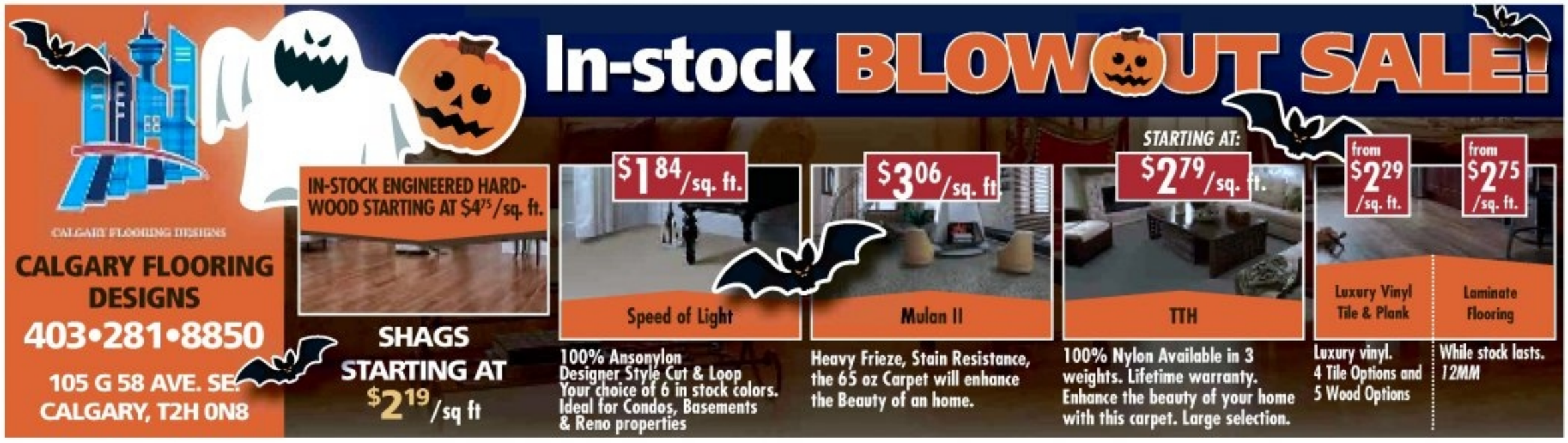
To make the incredibly affordable package possible, Cabinet Solutions worked with its long-standing local appliance and countertop partners who are well known and respected in Calgary for their excellent products and services.

The kitchen has a lifetime cabinet warranty and includes delivery and installation.

Cabinet Solutions is part of the Legacy family of companies, which has been in Calgary for more than 30 years offering a wide range of kitchen solutions for Calgarians.

"Calgarians know us and trust us because our staff are professional and helpful, our services are dependable and we offer quality products," Russell says. "When you're renovating your kitchen, we'll help you find a solution that lasts."

Visit cabinetsolutions.com/csplus to find out more about cabinet options and other features included in the Kitchen Package.



ELEGANT NEW FLOORING WITH PROFESSIONAL SERVICE

When you want to find new flooring, but you don't know where to start, talk to a professional. The knowledgeable, friendly staff at Contempa Carpet Company can help guide you to a flooring choice that suits the style you're looking for, the use of the room and your budget.

The company carries and installs all types of flooring, not just carpet, and they're ready to help you.

"There are many different kinds of flooring to choose from and it can be confusing to select one out of the many types we carry. That's why we're here to help," says Morley Woloschuk, sales manager at Contempa Carpet Company in Calgary.

The company is a second-generation, family-owned business that has been building strong relationships in the new home industry for more than 40 years.

"We use our purchasing power and expertise gained from the industry to pass on savings to customers," Woloschuk says.

If it's carpet they're choosing, customers can select one of several fibre types, including nylon, polyester, olefin and wool. Style types matter too, including saxony, textured, frieze, berber and cut-and-loop. Whatever your needs, a Contempa staff member will help guide you through the process.

The company offers more than just carpets too — they stock an array of options for stone and ceramic tile, laminate, cork, luxury vinyl and more.

The store offers an impressive selection of flooring choices at many price points, made by top suppliers in the industry. Contempa continually upgrades its 8,000 square foot showroom, so it's the place to find the latest trends in flooring design.

When local customers are looking to renovate their homes, they can book an inspection with Contempa to assess their flooring needs. A Contempa professional will visit their home and provide a free onsite evaluation.

When it comes to installation, Contempa offers top-notch professional services provided by qualified, experienced technicians.

"We'll be here for you before, during and after the sale to make sure you get exactly the products and installation you're looking for," Woloschuk says.

Learn more about Contempa Carpet Company, or book a free onsite inspection by visiting contempacarpet.com, calling 403-245-4353 or emailing info@contempacarpet.com.

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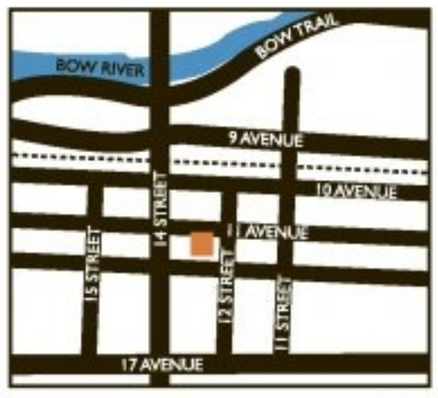

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metro SPORTS

Built in 1914, Wrigley Field was first known as Weeghman Park and the Cubs began playing there in 1916. The World Series shifts to Wrigley this weekend.

Kris Versteeg scores the winning shootout goal past Blackhawks goalie Corey Crawford in the Flames' 3-2 victory on Monday in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Versteeg settling in at home with Flames

FLAMES UP CLOSE
Ryan Leslie

Kris Versteeg knows how lucky he is to be back home.

He sat down with me for a moment earlier this month to talk about the road that led him to Calgary — a short drive from where he grew up in southern Alberta.

First an agreement with a Swiss hockey club this off-season and then a professional tryout with the Edmonton Oilers, the whirlwind led him to sign with the Calgary Flames shortly thereafter. After being swiped right out from under their noses, it seemed fitting Versteeg was in the lineup the next day against those very same Oilers.

Always the renter and never the owner, maybe, just maybe, the Flames' newest addition has found a home … at home.

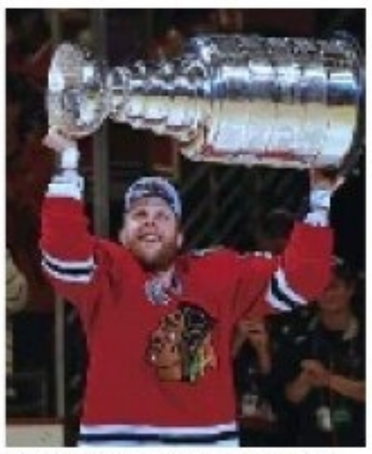
The feisty Flames forward takes nothing for granted. He credits his family and the Lethbridge community where he grew up for getting him to where he is today. He came from humble roots in southern Alberta, and now that his NHL journey has come full circle, Versteeg feels he's in a place to return the kindness given to him while he charted his course to pro hockey.

"I look back, we never had anything, never had much, never had money," Versteeg said. "If it weren't for my grandparents at times buying skates, I never would've been able to play the game."

He recalled when he signed his first pro contract those same grandparents cried tears of joy. Oh sure, Versteeg admits he was "hell on wheels" growing up, but he never forgot where he came from and continues to find ways to give back, staying involved with local charities. Versteeg even tried to buy his old junior hockey team, the Western Hockey League's Lethbridge Hurricanes.

PODCAST

To listen to the full conversation check out the full Flames Up Close podcast at metronews.ca.



Kris Versteeg won the Stanley Cup with the Blackhawks in 2015. GETTY IMAGES

"Lethbridge is a small community and needs people to help push the kids up," he said. "It's a community that needs help and hopefully I can do that."

From the rinks of Lethbridge to hockey's biggest stage, Versteeg is now 30 years old with his eighth NHL team. He has just about seen or done it all at the NHL level and the Flames are hoping his experience, championship pedigree and that unique personality will rub off on his new club. We've all seen the Youtube clips of him rapping & singing at Stanley Cup parades, ball games and even friends' weddings.

But more importantly, we've seen him hoist the Stanley Cup.

"You work 20-odd years, I was 23 at the time, you work that long to only have a high last two to three hours. Then it's almost washed away and you start over again," Versteeg said.

"That two to three hours after winning the Stanley Cup you feel immortal, because you did it with people you care about. You can't even put it into words."

When I caught up with Versteeg to talk about hockey and growing up, he was only too happy to share some stories. Still, he had to cut our conversation short as he was on his way to the airport to pick up his wife and two sons who were finally meeting him. At home.

Ryan Leslie is host of Calgary Flames TV. His column will appear every two weeks in Metro.

CANADIAN OLYMPIC COMMITTEE

$37M more invested into Own the Podium

The Canadian Olympic Committee said Thursday it is renewing its commitment to high-performance sport by investing $37 million in funding over the next four years through the Own The Podium program.

The funding amount is consistent with the amount the COC invested in the previous quadrennial.

Canada won 22 medals last summer at the Rio Olympics: four gold, three silver and 15 bronze.

Chris Overholt
TORSTAR NEWS SERVICE

"We've made some investments along the way and as we heard today and as we've seen first-hand in Rio, those investments are working," COC chief executive officer Chris Overholt said. "But the competitive landscape just continues to go up so we've got to keep our focus on maximizing our investment in sport."

The COC also announced it will commit $16 million in new funding for the growth and development of the next generation of Olympians, an amount that will be matched by the federal government.

As part of the new model, the COC will invest $5 million into a new coaching enhancement program and another $5 million to strengthen the capacity and resources of the country's national sport federations.

"This coaching enhancement program actually provides us with an avenue to keep coaches in Canada, build them, recruit new ones into Canada and then keep them in the system," said Coaching Association of Canada CEO Lorraine Lafreniere.

Also included in the new funding plans are $1 million for Game Plan, a program designed to ease the athletes' transition into the workforce after they retire from competition, and $2 million for the Canadian Olympic and Paralympic Sport Institute Network.

THE CANADIAN PRESS

NEXT UP

The 2018 Winter Olympics will be held in Pyeongchang, South Korea. Tokyo will host the next Summer Games in 2020.

NHL IN BRIEF

Lindholm's holdout with Ducks comes to an end

The Anaheim Ducks have signed holdout defenceman Hampus Lindholm to a six-year, $31.5-million contract.

The Ducks announced the end of the stalemate Thursday. Lindholm is arguably the Ducks' top young defenceman, scoring 92 points in 236 games over the past three seasons while honing his two-way game. THE ASSOCIATED PRESS

Crosby leads Pens to victory with clutch goal

Sidney Crosby scored the tiebreaking goal late in the third period to lead the Pittsburgh Penguins to a 4-2 victory over the New York Islanders on Thursday night.

Patric Hornqvist, Evgeni Malkin and Phil Kessel also scored to help the Penguins win for the third time in four games and improve to 5-0-1 at home. THE ASSOCIATED PRESS

Habs roll to six straight win

Captain Max Pacioretty scored in the third period as the Montreal Canadiens beat the Tampa Bay Lightning 3-1 on Thursday night to extend their winning streak to six games.

Alex Galchenyuk and Torrey Mitchell, in an empty net, also scored for Montreal (7-0-1). Carey Price made 29 saves for his fourth consecutive win to start the season. THE ASSOCIATED PRESS

Rookie Laine supplying the power on Jets' PP

Rookie Patrik Laine scored twice on the power play as the Winnipeg Jets defeated the Dallas Stars 4-1 on Thursday.

The Jets have scored five power-play goals this season, with the 18-year-old Laine netting four of them.

Connor Hellebuyck made 38 saves for the Jets (3-4-0). THE CANADIAN PRESS

Cubs determined to beat the curse

MLB

World Series in Wrigley for first time in 71 years

Chicago Cubs slugger Kyle Schwarber was followed by fans with cameras and cellphones. A couple of Cleveland pitchers played hacky sack in the outfield.

So, no, nothing like the last World Series at Wrigley Field.

The Fall Classic returns to one of baseball's iconic ballparks on Friday when Chicago and Cleveland face off in Game 3 after splitting the first two nights in chilly Cleveland. It's the first World Series game at Wrigley since Hall of Famer Hank Greenberg helped the Detroit Tigers to a 9-3 victory in Game 7 on October 10, 1945 .

The expectation is, well, even more bedlam than usual. The Cubs, seeking their first championship in 108 years, played in front of packed, frenzied crowds for much of the season, and even Cleveland are looking forward to the scene.

"Tomorrow's going to be unbelievable," Cleveland slugger Mike Napoli said. "I watched when they clinched to go to the World Series and how crazy it was and seeing the fans in the streets where they had to have police escorts. You could just see the crowd just part ways.

It's been pretty great so far, and it's only getting started.

Corey Kluber pitched Cleveland to a 6-0 win on Tuesday, striking out nine in a dazzling performance. After Josh Tomlin makes his third playoff start in the Wrigley opener, Kluber looms over Game 4 on Saturday night on short rest.

The Cubs returned to Chicago on a high after working over Cleveland's pitching staff in a 5-1 victory Wednesday night. Trevor Bauer lasted just 3 2/3 innings, beginning a parade to the mound that included six relievers and a total of 196 pitches.

"That was the plan, to get at least one over there and bring it back home," second baseman Javier Baez said. "Everybody is excited to be here in Chicago. Everybody has been waiting for this moment." THE ASSOCIATED PRESS

> **I watched when (the Cubs) clinched to go to the World Series and how crazy it was and seeing the fans in the streets where they had to have police escorts.**
> Mike Napoli

The Cubs' Kyle Schwarber hits an RBI single against Cleveland during Game 2 of the World Series on Wednesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

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DAILY WARM UP

NBA

Wade's Bulls debut tramples the Celts

Dwyane Wade scored 22 points in a triumphant Chicago debut, Jimmy Butler had 24 and the Bulls won their season opener, beating the Boston Celtics 105-99 on Thursday night.

Wade nailed a 3 from the corner in the final minute to make it a five-point game. Taj Gibson added 18 points and 10 rebounds, and the new-look Bulls got off to a winning start after missing the playoffs last season for the first time since 2008.

Isaiah Thomas led Boston with 25 points. Avery Bradley had 16, and Jae Crowder 14 points, but the Celtics came up short after opening with a win over Brooklyn the previous night.

The Bulls remade their roster in the off-season, jettisoning one hometown superstar and welcoming another when they traded Derrick Rose to New York and signed Wade to a two-year deal worth about $47 million in a move that stunned Miami.

The three-time NBA champion and 12-time All-Star is off to a good start with the Bulls after 13 seasons with the Heat.

Wade hit 4 of 6 3-pointers in this game after making just seven all of last season. THE ASSOCIATED PRESS

Dwyane Wade of the Bulls handles the ball against the Celtics on Thursday night in Chicago. GARY DINEEN/NBAE VIA GETTY IMAGES

THURSDAY In Chicago

BULLS	CELTICS
105	99

NFL IN BRIEF

Norman, Reed cleared to join Redskins in London

Washington Redskins cornerback Josh Norman and tight end Jordan Reed have been cleared to fly with the team to London for its game against the Cincinnati Bengals after dealing with concussions.

Redskins coach Jay Gruden said it's still not been determined whether either Norman or Reed will be able to play on Sunday.

THE ASSOCIATED PRESS

Broncos' Anderson lined up for surgery on knee

A person with knowledge of the situation tells The Associated Press that Denver Broncos running back C.J. Anderson was to undergo arthroscopic surgery on his right knee Thursday and that the extent of the damage will determine how long he's out.

Anderson was injured Monday night against Houston but finished with 107 rushing yards.

THE ASSOCIATED PRESS

RECIPE Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fridays should mean low-effort, big-flavour dinners, right? Enter the ooey-gooey pizza-inspired grilled cheese to the rescue!

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Makes 2 sandwiches

Ingredients
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 16 to 20 slices of pepperoni
- 2 slices fontina cheese
- Extra virgin olive oil

Directions

1. Preheat a skillet over medium heat with a drizzle of olive oil.

2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese. Now place a layer of 8 to 10 pieces of pepperoni down. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.

3. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey. Repeat for second sandwich.

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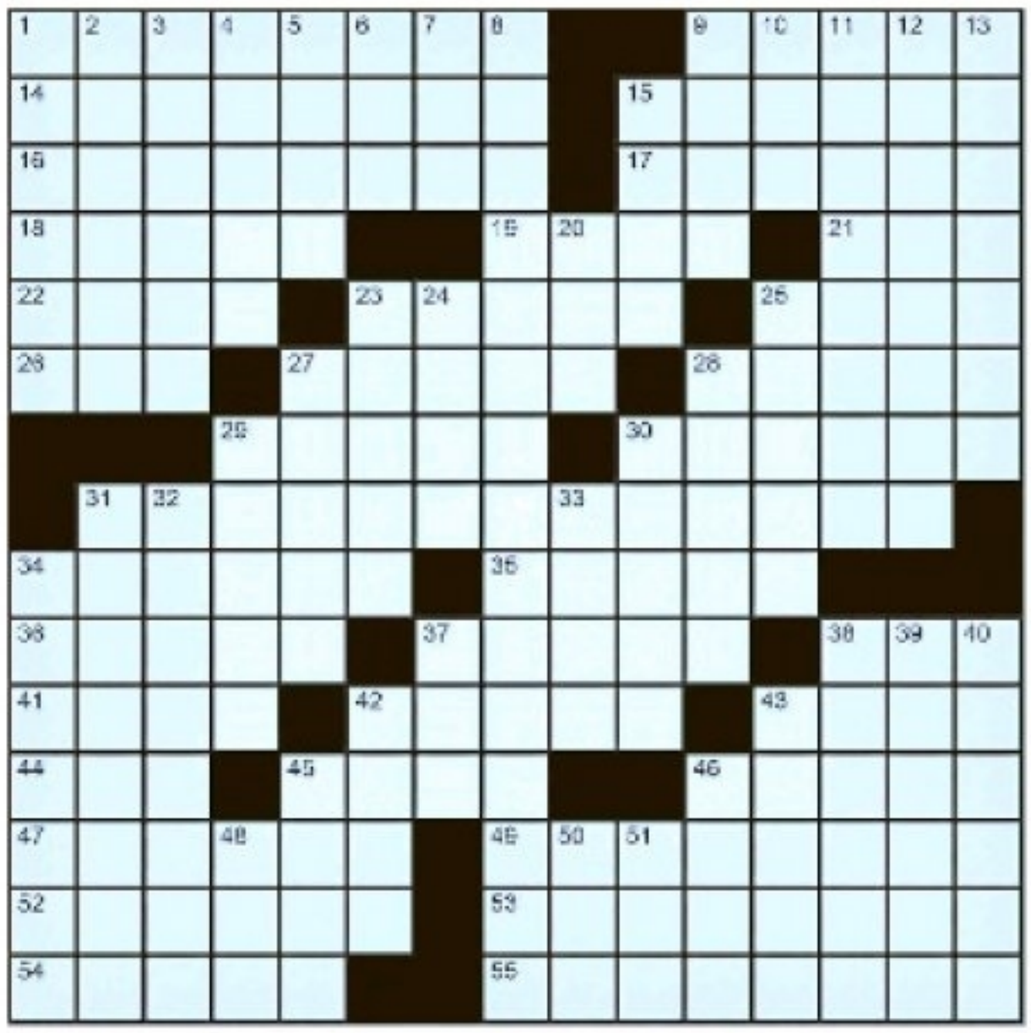
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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1. Oboe
9. Devilish dude
14. Super happy
15. Epoch when ancestors of the modern horse appeared
16. In _ (Without being present, Latin-style)
17. Really is reluctant
18. Church members
19. American astronaut Sally
21. Soak flax
22. Scandinavian tale
23. The way a fox would do something
25. Compete in a logrolling event
26. Ms. Wallace of "Cujo" (1983)
27. Duck's doctor?
28. Jumpy
29. TV feed's sound
30. _ peanuts
31. Joe Flaherty starred as Dr. Fred Edison on what early 1990s Sci-Fi comedy series?: 2 wds.
34. Ontario's Trent-_ Waterway
35. Furious
36. Arctic boat
37. Suffix to 'Land'
38. Seasonal bug
41. Shakespeare King
42. Owed obligations
43. Capital of Valais, in Switzerland
44. Mountain explosive, commonly
45. Swanky transport
46. Some kicks of the football
47. Repents
49. Facing
52. "There's time still.": 2 wds.
53. 1883's history-making volcano of Indonesia
54. Supporting coaches, for short
55. Most tranquil

DOWN
1. Went from unwell to well
2. Song of dawn
3. 1980 Diana Ross chart-topper: "_ Down"
4. Greek alphabet's 8th letter
5. Skeleton's characteristic
6. Smidgeon of lunch
7. Installment in the 'Halloween' horror franchise
8. Tales from the Crypt printed fare: 3 wds.
9. Huffy
10. Champion
11. Sternly scold: 2 wds.
12. Big surname in fairytales
13. Snug
15. Guitar great Duane
20. Variety
23. Where Khartoum is the capital
24. Secular
25. Contradict
27. Eccentricity
28. Preference
29. 'Close by', in verse
30. Breaks branches
31. Sentimental souvenirs
32. Canadian History... Marion Orr and J.A.D. McCurdy: 2 wds.
33. "How now, _ _?" - Hamlet
34. Seedless grape variety
37. Theological sch.
38. Limited/measurable
39. Instant millionaires have won 'em
40. Remove from power, as in politics
42. Recipe's result
43. Lazy _ (Kitchen cupboard upgrade)
45. Not as much
46. _ around (Do some of a sleuth's work)
48. Pecan or cashew
50. Prior to
51. Golfing standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid arguments with authority figures today, because things are just too unpredictable! If you think you see problems coming, give your boss a wide berth.

Taurus April 21 - May 21
This is an unpredictable day, so be very careful. Travel plans will be canceled or rescheduled. This also is an accident-prone day. Use caution!

Gemini May 22 - June 21
Make friends with your bank account, because something unexpected might affect your finances. Surprises related to shared property and inheritances could catch you off guard.

Cancer June 22 - July 23
Be patient and diplomatic with partners and close friends in order to avoid fights today. Everything is up for grabs!

Leo July 24 - Aug. 23
This is an accident-prone day at work. Computer crashes and equipment breakdowns will interrupt your day. Allow extra time for wiggle room.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. This also is a very dicey day for romantic relationships. Be patient with everyone.

Libra Sept. 24 - Oct. 23
Domestic strife might occur today, because chaos on the home front puts your nerves on edge. Small appliances might break down, and minor breakages could occur. Have patience.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day, so be careful. Think carefully before you speak or do anything. Things will not unfold the way you expect them to.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your possessions and assets today. You might find money, or you might lose money. Guard your possessions against loss, theft or breakage.

Capricorn Dec. 22 - Jan. 20
You feel impulsive and impatient today. Don't let your lack of patience get you in trouble. Easy does it.

Aquarius Jan. 21 - Feb. 19
You are unsettled today. You feel as if you're waiting for the other shoe to drop. That's because today is a bit of a crapshoot, and everyone feels it.

Pisces
Feb. 20 - March 20
A friend might surprise you by doing something you least expect. Don't overreact. Likewise, a group to which you belong might oppose what you say. Go gently. If you act without thinking, you could lose friends and your reputation.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5	7	6	2			
			5			3		
9		7					2	
6	9				5			3
	1						4	
5	7	4						8
3	2		8				6	
8				4	7	9		
			3	1				

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9	6	5	3	1	2	7	4	8
4	8	7	5	9	6	3	2	1
1	3	2	4	7	8	5	6	9
6	5	1	9	8	7	4	3	2
3	4	8	2	6	5	1	9	7
7	2	9	1	3	4	6	8	5
5	9	6	7	2	3	8	1	4
2	7	3	8	4	1	9	5	6
8	1	4	6	5	9	2	7	3

STAND UP FOR JESUS

Dignity lies in a person's resolve to stand for what he or she believes even in the face of danger. That was the case of the three Hebrew boys who were so sure that their God will save them by not bowing to the golden image of king Nebuchadnezzar, and did not mince words as they said to the king, "... be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up." (*Daniel 3:18*). Can you take a stand not to bow? "If you don't bow you will not burn" (*Kenneth Copeland*)

For prayers and counseling call the pastor at 587-579-0454

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